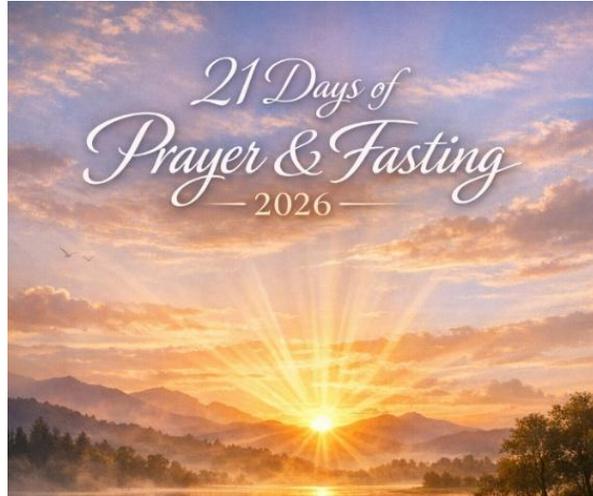
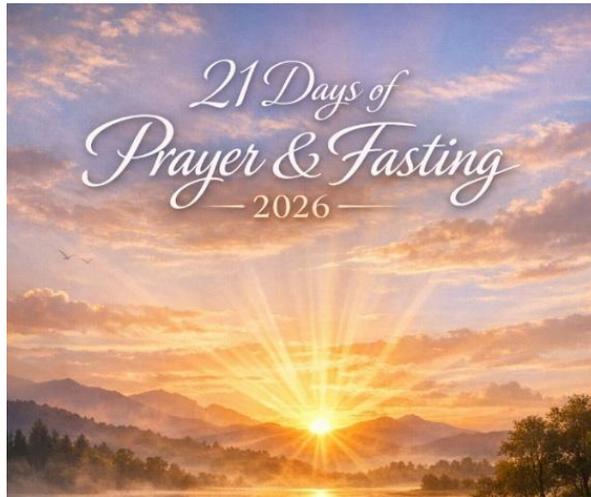


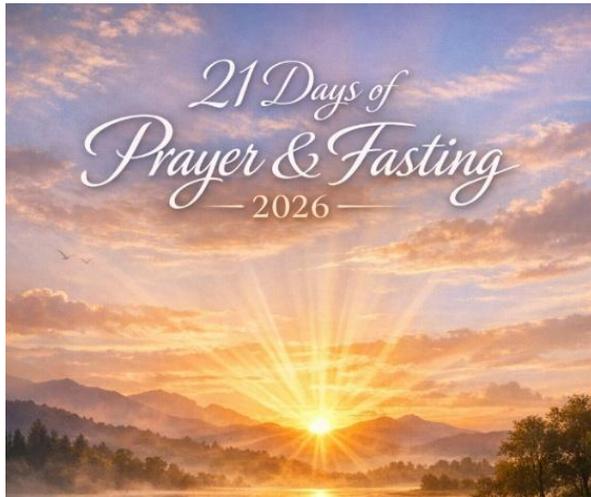
Spiritual Growth, Prayer, Fasting, and Personal Transformation



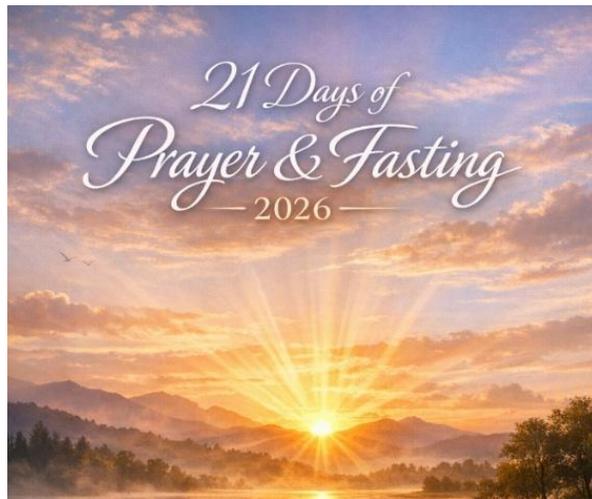
What an amazing 21 days you are beginning! You are about to embark on a journey that will help you grow closer to God in ways you might not expect. Each day focuses on a specific Scripture passage that connects to important themes in your faith journey. You will read the Bible verses, spend time understanding what they mean, think about how they apply to your actual life right now, and then pray about what God is showing you. The truth is, spending time with God is not a religious activity to add to your schedule, it's the foundation of everything else in your life as a believer. When you make space to be with God regularly, you start to see things from His perspective, you gain strength for the challenges you face, and you begin to understand who He really is and how much He loves you. It is not meant to feel like homework or just another thing to check off your list. It is an opportunity to genuinely encounter the God who created you and knows you better than anyone else.



Let us make time and space for God in your daily routine, living out your faith in ways that point others to Jesus, and building meaningful relationships with other believers while also taking time to rest. When you choose to fast during these 21 days, whether that means giving up food, social media, entertainment, or other distractions, you are purposely creating quiet space in your life where you can hear God's voice more clearly. The reality is that your life is incredibly loud and busy, filled with constant notifications, entertainment options, and demands on your attention. Fasting will help you cut through all that noise so you can focus on what really matters. It is not about earning God's approval or trying to prove how spiritual you are. It is about removing the things that normally fill your time and attention so you can experience God's presence more fully and learn to depend on Him instead of the temporary stuff that usually satisfies you. When you fast, you are basically saying to God, "You are more important to me than anything else, and I want to know You better."



As you work through each day's reading and prayer time, you will discover that these are not just random topics but essential practices that shape what it means to follow Jesus in everyday life. Whether you are learning to be still and trust that God is in control, understanding why spending time in His Word matters, discovering how to love others even when it's hard, or finding real rest in God's presence, each theme builds on the last to help you develop a deeper, more authentic relationship with Him. The amazing thing about spending consistent time with God is that it actually changes you from the inside out. You will start to notice that you handle stress differently, you make better decisions, you care more about the things God cares about, and you experience a peace that doesn't make sense based on your circumstances. These 21 days are an invitation for you to discover that seeking God is always worth your time and that when you make room for Him, He promises to meet you right where you are and transform how you think, what you value, and how you live. God is not looking for perfect people who have it all together, He is looking for people like you who are willing to show up, be honest with Him, and let Him work in your life.



Why Should I Fast for the next 21 Days?

Fasting is really a good idea. When you fast, you're choosing to give something up on purpose. For many people, that means food, but if you can't skip food for health reasons, you can fast from social media, entertainment, or anything else that takes up a lot of your attention. The key is to replace that time with prayer and reading the Bible. You're intentionally stepping away from the things that usually make you feel happy or satisfied so you can learn to find that fulfillment in God alone. Fasting quiets all the noise and busyness in your life and helps you hear God's voice more clearly. As we make space for Him over these next 21 days, fasting and prayer work together to help us slow down and focus on what really matters spiritually.

WEEK ONE

Making Room for God in a Busy Life

Take some time this week to prayer-walk your neighborhood or pray as you drive. If you know the people who live around you, lift them up by name in prayer. If you do not know their names, ask God to open the door for you to connect with them.

DAY 1: January 11, 2026

When Doing More Isn't Better: Learning to Rest in God's Timing

Today's Scripture

Psalm 46:8-11: *8 Come, see the works of the Lord, who brings devastation on the earth. 9 He makes wars cease throughout the earth. He shatters bows and cuts spears to pieces; He sets wagons ablaze. 10 "Stop fighting, and know that I am God, exalted among the nations, exalted on the earth." 11 The Lord of Armies is with us; the God of Jacob is our stronghold. Selah*

Reflect on the Word

The opening words of Psalm 46:10 can be understood as "stop your fighting," "be still," or "cease striving." God is speaking to everyone, His people and even His enemies, calling them to recognize His power and stop pushing against what He is doing. He brings wars to an end, breaks weapons apart, and brings kingdoms down without any effort at all. Our calling and our privilege are simply to know Him, to see Him lifted high, and to humble ourselves under His great and unshakable plan.

Application

We spend a lot of our time and energy trying to build our own little kingdoms. We push for promotions, work to establish our homes, protect our reputation, and chase one goal after another. Even our faith can turn into something driven by effort, something we think we can manage or control. We start to believe that church attendance, good behavior, and doing the right things somehow earn God's approval. But in Psalm 46, God calls us to stop striving, to be still, and to truly know Him. He reminds us that He is bigger, higher, and greater than everything that consumes our attention, saying in essence, don't reduce Me to rules make room for ME.

Today's Prayer

Father, I come to You right now and ask You to search my heart. Show me the places where I'm striving, pushing, or trying to do things with my own strength. Reveal where I might be building my own little kingdom at work, at home, or in quiet places no one else sees. Help me see if I'm trying to control my faith by following rules instead of truly walking with You and spending real time in Your presence. Still my heart, quiet my thoughts, and remind me that You are exalted among the nations and above everything I'm holding onto. Help me humble myself before You today, slow down, and truly know You more deeply. Amen.

DAY 2: January 12, 2026

Making God's Word a Non-Negotiable Priority

Today's Scripture

Joshua 1:8-9: *8 This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do. 9 Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go."*

Reflect on the Word

In this passage, Joshua has just become the leader of the nation of Israel after the death of Moses. He is stepping into the role of a giant, someone who faithfully and courageously led the people through some of their hardest seasons. It would have been easy for Joshua to lean on his own knowledge, strength, and past experiences as he took on this responsibility. But instead, God tells Joshua to meditate on His Word, day and night and to carefully follow everything written in it. Joshua's strength did not come from his own leadership abilities; it came from God's Word.

Application

It can be easy for us to rely on our own strength and knowledge as we deal with the struggles of everyday life. When we do that, we can start to feel disconnected from God, even though He has given us His Word so we can know Him and receive guidance for how to live. As we stay devoted to God's Word, we grow closer to Him as our Father, and we receive truth just like Joshua did in 1:9: *"Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."*

Today's Prayer

Father, I come to You today knowing how easy it is for me to rely on my own strength and understanding as I deal with everyday challenges. There are times when I try to figure things out on my own, and before I realize it, I feel distant from You. Yet You have already given me Your Word so I can know You and understand how to live the life You are calling me to live. Help me to stay devoted to Your Word and to seek You first instead of leaning on myself. As I spend time with You, draw me closer to You as my Father. Remind me of Your truth, just as You reminded Joshua, that I am to be strong and courageous, not afraid or discouraged, because You are with me wherever I go. Teach me to trust You more each day. Strengthen my faith, steady my heart, and help me walk in confidence knowing I am never alone. Thank You for Your presence, Your guidance, and Your faithfulness in my life. Amen.

DAY 3: January 13, 2026

Meeting God in the Quiet: The Power of Private Prayer

Today's Scripture

Matthew 6:6-8: *6 But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. 7 When you pray, don't babble like the Gentiles, since they imagine they'll be heard for their many words. 8 Don't be like them, because your Father knows the things you need before you ask Him.*

Reflect on the Word

During Jesus' time, many religious leaders would pray in ways meant to draw attention to themselves. They would stand in synagogues or out in public places and pray so others could see them. Jesus called them hypocrites. That word comes from a Greek term that means "actor," because they were pretending and putting on a performance rather than praying from the heart. Jesus taught His disciples to pray in private, away from the eyes of others. Why? The reason is that the Father sees what is done in secret. He is always present, everywhere at all times. And beyond that, Jesus says the Father honors and rewards the private prayers of His people.

Application

Private prayer can be hard because it can feel like nothing is really happening. You've been there, you finally make time to pray, but after a few minutes you start wondering if your prayers are actually making a difference. In those moments, you have to choose to believe by faith that God sees you and hears you when you pray in private. You don't have to perform or put on a show for Him to listen. Not only that, God also truly values private prayer. This doesn't mean He answers every private prayer exactly the way we want or expect. It means the Father is pleased when you pray simply to be heard by Him alone. This also doesn't mean praying out loud or praying in public is wrong. Jesus' main concern is the condition of your heart. Are you praying so people will hear you, or are you praying so your Heavenly Father will hear you?

Today's Prayer

Heavenly Father, I take this moment to be honest with You. There are times when I don't pray as often as I know I should, or as often as I want to. Sometimes I get distracted, sometimes I get busy, and sometimes if I'm being real, I struggle with wondering if my prayers are truly being heard. Forgive me for the moments when doubt keeps me silent or pulls me away from time with You. Help me to trust that You see me, that You hear me, and that nothing I bring to You is ever ignored or wasted. Increase my faith, Lord, especially in the quiet moments when it feels like nothing is happening. Remind me that You are a God who rewards prayer, not because I do it perfectly, but because You love me and delight in meeting with me. Draw me back into consistent, honest conversation with You. Teach me to pray with confidence, knowing that when I seek You, You are always listening. Amen.

DAY 4: January 14, 2026

Why Personal Worship Matters More Than We Think

Today's Scripture

Psalm 63:1-5: *1 God, you are my God; I eagerly seek you. I thirst for you; my body faints for you in a land that is dry, desolate, and without water. 2 So I gaze on you in the sanctuary to see your strength and your glory. 3 My lips will glorify you because your faithful love is better than life. 4 So I will bless you as long as I live; at your name, I will lift up my hands. 5 You satisfy me as with rich food; my mouth will praise you with joyful lips.*

Reflect on the Word

David says that everything he needs is found in God. Even though he was running from Saul or Absalom and couldn't be near the tabernacle, being in danger didn't stop him from really wanting to be close to God. David's longing for God was satisfied when he praised Him. He thought God's kindness was more important than life itself. When David remembered how God could meet all his needs, it made him feel complete and led him to praise God even more.

Application

We all have empty places in our hearts and lives, deep wants and needs that we try to fill with just about anything or anyone. If you've been around for a while, you know that things in this world only help for a short time and usually aren't enough. We keep going back to things that don't really satisfy us. Letting God fill those empty spaces shows us just how strong and loving He really is. When you think about these things, it makes you thankful and leads you to praise and worship.

Today's Prayer

Abba Father, I come before You with my hands lifted, just like David, offering You praise for how You satisfy my soul. You have filled the empty places in my heart in ways nothing else ever could, and I thank You for that. Remind me again of who You are, faithful, constant, and unchanging in every season of my life.

Thank You for showing Yourself to me in moments when I felt desperate, weary, or longing for more. In those times, You didn't turn away; You drew near and made Your presence known. I am grateful for the way You meet me right where I am and bless me with the assurance that I am never alone. I praise You for Your goodness, Your faithfulness, and the deep peace You bring to my soul. Amen.

DAY 5: January 15, 2026

Choosing Thankfulness on Purpose

Today's Scripture

1 Thessalonians 5:16-18: *16 Rejoice always, 17 pray constantly, 18 give thanks in everything; for this is God's will for you in Christ Jesus.*

Reflect on the Word

If you just skim over these lines, you might think they're just typical, overused Christian sayings that don't really connect with our daily lives. But Paul knows that following Jesus isn't always easy, and he understands that being joyful and thankful doesn't always come naturally, especially when we're around other people. What Paul is really doing is reminding us that we get to decide how we respond to every situation, every challenge, and every season we go through.

Application

Paul gives us these instructions as the “key” to how we can truly care for each other as Christians. When someone decides to be joyful, keeps talking to God through prayer, and holds thankfulness in their heart, it makes it much easier to love others, no matter what's going on. Choosing joy is up to us. Praying all the time reminds us that God is always with us and being thankful shows where our heart is more than what's happening around us. Which one comes most naturally to you? Which one do you need a gentle nudge to practice today?

Today's Prayer

Father, Today I pause and look back over this past year, and I can clearly see Your hand in my life. Thank You for rescuing me in ways I didn't even realize I needed, for providing for me when I wasn't sure how things would work out, and for staying close to me through every season. Thank You for Your constant presence, Your love, and Your mercy that meets me new every day.

Today, I make a choice before You. I choose joy. Help me to hold onto that choice no matter what the day brings. Keep my heart soft, humble, and grateful, and help me to love and care for others the way You have loved and cared for me. Let my life reflect my thankfulness to You in both my words and my actions. Amen.

DAY 6: January 16, 2026

Choosing Quiet: Creating Daily Moments for Holy Meditation

Today's Scripture

Philippians 4:7-9: *7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. 8 Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any moral excellence and if there is anything praiseworthy, dwell on these things. 9 Do what you have learned and received and heard from Me, and seen in Me, and the God of peace will be with you.*

Reflect on the Word

Here, Paul tells us that because we belong to Jesus, we can have God's peace in our lives. These verses show that having our thoughts focused on God's truth helps us grow and become stronger in our faith. Paul's encouraging letter to the Philippians still speaks to us now, reminding us to learn from the Bible, think about what it says, and actually do what we learn, so our love for God can grow deeper.

Application

Every day, we're hit with so many messages fighting for our attention and pulling at our hearts. With all this nonstop noise, it's easy for our minds to get sidetracked by the worries of life. When that happens, we can lose sight of the important truths in God's Word, which can leave us feeling down. But Paul assures us that God stays with us and protects our hearts and minds with His peace. When we let go of our worries and focus instead on what's true, pure, beautiful, and worth praising, we make space inside ourselves to experience God's peace and presence.

Today's Prayer

Heavenly Father, I come to You today asking You to search my heart and show me what distractions are taking up space in my mind. Reveal anything that is pulling my attention away from You or crowding my heart with unnecessary worry. If there are concerns, I haven't fully surrendered to You, help me to release them and trust You completely. Show me any lies I've been believing and help me replace them with the truth of Your Word. Give me a sensitive heart toward the Holy Spirit as You gently reveal these things to me. Help me to slow down and meditate on Your Word until it settles deep within my heart. Walk with me throughout this day and guard my heart and mind in Christ Jesus. Amen.

DAY 7: January 17, 2026

Stillness Before God: Learning to Rest in His Presence

Today's Scripture

Psalm 37:3-7: *3 Trust in the Lord and do what is good; dwell in the land and live securely. 4 Take delight in the Lord, and He will give you your heart's desires. 5 Commit your way to the Lord; trust in Him, and He will act, 6 making your righteousness shine like the dawn, your justice like the noonday. 7 Be silent before the Lord and wait expectantly for Him; do not be agitated by one who prospers in his way, by the person who carries out evil plans.*

Reflect on the Word

We're supposed to keep our attention on God, not get caught up in worldly things. These verses tell us to "trust" God, "find joy in Him," "commit everything we do to Him," and then "be quiet and wait for Him." Verse 7 points out that we shouldn't just wait, wait expecting something! When we put our trust and joy in God, we can be sure He'll respond.

Application

A lot of us stay occupied trying to figure out what's best for ourselves and our families. We'll look things up online, talk to our friends, check with our coworkers, and sometimes even ask our pastor for advice. After gathering all the information, we can, we do our best to decide, even if we're still unsure. David makes it simple: *"Delight yourself in the Lord, and He will give you the desires of your heart. Commit your way to the Lord; trust in Him, and He will act."*

Today's Prayer

Lord, today I choose to slow down and be still before You. I quiet my heart and take a moment to remember how good You have been to me and how faithfully You have shown up in my life. Thank You for every reminder of Your care, Your guidance, and Your love.

You know the situations I've brought before You, the problems I'm trying to solve and the decisions that feel heavy right now. I ask You for wisdom in each of those areas. Help me not to rush ahead of You or lean on my own understanding, but to trust Your timing and direction. Give me clarity, peace, and confidence as I wait on You. Amen.

WEEK TWO

Making Room for the Mission in Everyday Life

Look for a way to help someone at your church or in your neighborhood this week in a way they might not expect. For instance, you could surprise them with dinner or some homemade cookies, offer to mow their lawn, or take care of something you know they need.

DAY 8: January 18, 2026

The Heart's Turning Point: Walking the Path of Repentance

Today's Scripture

1 John 1:5-10: *5 This is the message we have heard from Him and declare to you: God is light, and there is absolutely no darkness in Him. 6 If we say, "We have fellowship with Him," and yet we walk in darkness, we are lying and are not practicing the truth. 7 If we walk in the light as he Himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say, "We have not sinned," we make Him a liar, and his word is not in us.*

Reflect on the Word

Real faith comes from having a real connection and spending time with God. Knowing what God is like and how that relates to us as people He created is really important. God is all about light, so anything that sticks to darkness doesn't have a real relationship with Him. You can't live in the darkness and in the light at the same time, but sometimes we let doing religious things take the place of actually confessing and turning away from our wrongs. Instead, we live in the light with others who believe. This only happens when we admit our mistakes and let what Jesus did on the cross clean us up. He stood up for us and took the punishment for our sins.

Application

As Christians, it's important to take time each day to think about what we're doing and notice any thoughts or actions that don't line up with who God is. Living "in the light" means we're always turning away from things that pull us away from God, doing our best to clear out anything that stands between us and Him. If we don't pause to look at ourselves honestly, it's easy for a busy schedule to get in the way of spending real time with God. Doing this helps us see where we need to deal with sin in our lives.

Today's Prayer

Father, I pause right now to lift You up and honor You for who You are. You are holy, faithful, loving, and unchanging, and I declare Your truth over my life. You are good in all Your ways, and Your mercy never runs out.

As I sit with You, help me remember who I am in Your presence, a sinner saved by grace, fully dependent on You. Gently reveal anything in me that does not reflect Your heart or Your will. Search me, cleanse me, and shape me to be more like You. I surrender myself to Your work in me and thank You for Your patience, forgiveness, and love. Amen.

DAY 9: January 19, 2026

Living with Purpose by Sharpening Focus

Today's Scripture

Colossians 3:1-4: *1 So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God. 2 Set your mind on things above, not on earthly things. 3 For you died, and your life is hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with Him in glory.*

Reflect on the Word

Here, Paul is telling us to keep our thoughts on things above, where Jesus is, sitting next to God. He also reminds us that we have a new life with Jesus, we've died to our old selves, and now our lives are safe with Him in God. Because we follow Christ, we need to focus on what matters to God and look at life from a heavenly point of view as we live in this world.

Application

From the time we get up each day, we're constantly making choices. Most are pretty routine, like grabbing a coffee, looking at our phone alerts, or holding back a yawn at work. These are automatic and part of our daily routine. But when it comes to more important choices, we're meant to make them with a spiritual outlook. We need to keep our minds focused and refreshed (Romans 12:2). By changing where we put our attention, we'll start making choices that align with God's kingdom.

Today's Prayer

Father, today I come before You with everything that's ahead of me. You know the decisions I'm facing this week and the ones coming up this month, both for myself and or for my family. I don't want to rely on my own understanding, so I bring each one to You and place them in Your hands.

As I spend time in Your Word, renew my mind and help me see things from a heavenly perspective instead of being overwhelmed by what's right in front of me. Give me clear discernment and wisdom as I make these choices. Help me to hear Your voice, recognize Your leading, and walk in peace knowing You are guiding every step. Amen.

DAY 10: January 20, 2026

Building Daily Rhythms That Honor Godly Priorities

Today's Scripture

Matthew 13:44-46: *44 The kingdom of heaven is like treasure, buried in a field, that a man found and reburied. Then in his joy he goes and sells everything he has and buys that field. 45 Again, the kingdom of heaven is like a merchant in search of fine pearls. 46 When he found one priceless pearl, he went and sold everything he had and bought it.*

Reflect on the Word

Jesus tells two short stories that show how finding God's Kingdom brings happiness and commitment. The man and the merchant came across something extremely valuable, but instead of just being happy about it, they were ready to give up everything else to make sure they could have it for themselves. This isn't about buying salvation, since that's a gift. Like Dr. Tony Evans says, when people truly see how important it is to live under God's guidance, they'll let go of anything in this world to be part of His kingdom. The man and the merchant changed their lives and priorities so they could fully enjoy and claim their treasure. Their actions were all centered on that one thing they found; nothing else would do.

Application

The idea of *priority* originally referred to one single, most important focus. For centuries, people understood that you could only truly give yourself fully to one main thing at a time. When the word later shifted to *priorities*, it created the mindset that we can successfully juggle many top concerns at once. In reality, dividing our attention spreads us thin and keeps anything from receiving our full devotion. This is why Jesus cannot simply be added to a long list of important things. He is meant to be central, not secondary. Even good responsibilities and commitments can slowly push Him aside, especially because we trust in His patience and forgiveness. The deeper challenge is deciding whether Jesus will remain just another item competing for our time, or whether we will reorder our lives around Him and experience the lasting joy that comes from making Him our true focus.

Today's Prayer

Father, I take this time to be still before You and sit with the question You ask, "What do I want?" Search my heart and help me see my true desires clearly. If there is anything in me that is not aligned with Your kingdom, gently bring it into alignment with Your will and Your heart for my life. Shape what I want day by day so that it reflects what You desire for me. Help me let go of anything that competes with You for first place. Show me the deep joy, peace, and freedom that come from making Your Kingdom and Your love my one true priority. Amen.

DAY 11: January 21, 2026

A Daily Invitation to Live While Walking in the Spirit

Today's Scripture

Galatians 5:16-26: *16 I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh. 17 For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, 20 idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, 21 envy, drunkenness, carousing, and anything similar. I am warning you about these things as I warned you before that those who practice such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. The law is not against such things. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.*

Reflect on the Word

The Holy Spirit plays an essential role in how we live out our faith. Jesus even told His disciples that it was actually better for them when He returned to the Father and the Holy Spirit came to guide them. The reason for this is that while Jesus was on earth in human form, He was limited to being in one place at a time.

The Holy Spirit, on the other hand, lives within every believer from the moment they come to faith. We don't have to go looking for Him or wait for a certain place or moment to experience His presence. He is with us at all times. As our helper and guide, He directs us, speaks to our hearts, prays on our behalf, corrects us, and gives us strength to live for God. Without the Holy Spirit, we cannot live the kind of life Jesus calls us to live. That is why Paul encourages believers to live by the Spirit, because if we don't, we will fall back into living by our own human nature, and the outcome is completely different.

Application

One helpful thing about Paul telling us to "live by the Spirit" is that he doesn't leave us guessing about what that looks like. Right after that instruction, he gives us two clear lists we can use to take an honest look at ourselves. One list describes behaviors that come from our human nature, and the other shows what life looks

like when the Spirit is at work in us. As you read through these passages, ask yourself which list better reflects your life right now. Is one showing up more than the other in this season?

Take time to notice any areas that stand out or feel uncomfortable and write them down if needed. Then begin asking the Holy Spirit to guide you toward growth and healing in those areas. This kind of change happens as you spend time in God's Word, talk honestly with Him in prayer, and allow yourself to be open with other believers. God uses the different gifts He has placed in His people to support us, challenge us, and help move us forward toward spiritual health.

Today's Prayer

Abba Father, thank You for Your Word in Romans 8:26-27, that reminds me I am not alone in my weakness. When I don't know what to pray or how to move forward, I'm grateful that Your Spirit steps in and intercedes for me, carrying my heart to You in ways I cannot put into words. You know my heart completely, and You understand even the prayers I can't express.

Today, I come honestly before You and confess the areas where my flesh has been leading instead of Your Spirit. You see the attitudes, thoughts, and behaviors that don't reflect Your will, and I place them before You with humility. I also ask You to grow in me the fruit that is lacking right now, more love, patience, peace, self-control, kindness, and faithfulness.

Holy Spirit, empower me to walk in Your way. Lead me day by day, guide my decisions, and help me respond to life from a place of obedience and trust. Shape my heart to align with the will of God and give me the strength to live out my faith in the days ahead. Amen.

DAY 12: January 22, 2026

Making the Source of Our Strength a Priority in Our Life

Today's Scripture

Isaiah 40:28-31: *28 Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding. 29 He gives strength to the faint and strengthens the powerless. 30 Youths may become faint and weary, and young men stumble and fall, 31 but those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.*

Reflect on the Word

God knows that life will exhaust us at times and that there will be moments when we simply don't have the strength to keep pushing forward. He understands how demanding and draining this world can be, and He is fully aware that our own abilities have limits. When we reach those points of deep weariness, He does not leave us to struggle on our own.

Instead, God is already prepared to step in and support us. The same God who never grows tired and who created the entire universe willingly shares His strength with us. When we choose to slow down, be still, and rest in His presence, He gives us a deep sense of peace, stability, and renewed strength. This kind of restoration cannot be found anywhere else; it comes only from being with Him.

Application

When we are feeling weak, it's easy to forget to turn to God and ask Him for the strength we need. Many times, we convince ourselves that we can manage on our own, or we distract ourselves with things that seem to give us rest or comfort but don't truly restore us. Those things may feel helpful for a moment, but they don't last.

What we need to remember and what these verses remind us of is that God is both able and willing to give us strength. He meets us in every struggle, whether it's a major challenge we're walking through or the small, daily pressures that slowly wear us down. When we choose to place our trust in Him, He shows up. As we face our difficulties with God beside us, He transforms our weakness into renewed strength and replaces our feelings of desperation with peace.

Today's Prayer

Heavenly Father, I come to You honestly, bringing the places in my life where I feel tired, worn down, and defeated. You see the areas where I've been running on empty and trying to push through in my own strength. Help me to recognize and admit my weaknesses instead of hiding or ignoring them.

Give me a humble heart that is willing to depend on You. Show me the areas where I've been relying on myself instead of trusting Your strength. Teach me to let go of control and rest in what You can do rather than what I think I have to do on my own.

As I sit quietly before You, I reflect on how powerful You are and how freely You share that power with me. Thank You for loving me so deeply that You meet me with supernatural strength and peace right where I am. I choose to dwell in Your presence and receive what only You can give. Amen.

DAY 13: January 23, 2026

Learning to Stand Firm Through Endurance

Today's Scripture

James 1:2-4: *2 Consider it a great joy, my brothers and sisters, whenever you experience various trials, 3 because you know that the testing of your faith produces endurance. 4 And let endurance have its full effect, so that you may be mature and complete, lacking nothing.*

Reflect on the Word

James points out that it's not a matter of "if" challenges come, but "when." Yet, we're often caught off guard when something difficult happens because it shakes up the sense of control, we think we have. James encourages us to welcome these times, not because they're pleasant, but because every struggle or problem gives us a chance to find joy in the bigger picture. When we look past our current troubles, we can see what these hardships are shaping in us (see 1 Peter 4:12-13).

James isn't saying that God causes our pain or tough situations. Instead, God allows us to go through them and stays by our side, using these experiences to build a kind of deep, lasting joy and strong character that reflects who Jesus is. Facing hardships head-on isn't something we can do by ourselves, but God meets us right where we are and patiently walks beside us through each one.

Having patience and sticking with it matters, because while we often chase after comfort and quick fixes, God is focused on building who we are at our core. We might hope for an instant solution, but God often works in daily, steady ways, healing and restoring us for the long haul. Our faith begins to stretch and grow when we finally stop trying to handle everything ourselves or run away from the hard stuff. It's in those moments; we start putting our trust in God more and relying on ourselves less (see 1 John 5:4).

Application

Most of us don't like going through tough times, and we usually try to steer clear of any difficulties. But facing challenges and going through times of testing can actually serve a purpose, they show us where our trust really lies and help us see if our faith is genuine. When we deal with hard situations patiently, we give ourselves the chance to grow and become more like Jesus, mature, whole, fully developed, and not missing anything we truly need.

There's an old story about a man who lived in the desert, about seven miles away from water. One day, he thought to himself, "Why am I making things so hard for myself? I should just move closer to the water." As he was thinking this, he noticed someone behind him, counting each step he took. The man asked, "Who are you?" The person replied, "I am the Angel of the Lord. I've been sent to count your steps and give you your reward." Hearing this, the man felt encouraged, and instead of moving closer to the water, he decided to put his home even farther away from it. This story, along with the message from James Chapter 1, reminds us that God is always with us, shaping us and working in our lives so that we can be "perfect and complete", something we only find through Christ. Don't give up, because every single step you take matters in God's Kingdom and have a purpose.

Today's Prayer

Father, I take a moment to sit quietly before You and reflect on the story of the man in the desert. I think about the places in my own life where I feel tired, stretched, or worn down, where it feels like I am enduring a heavy toil. Show me clearly the areas where I am tempted to give up, pull back, or choose what feels easier instead of trusting You.

Open my eyes through Your Spirit to see You more clearly, the God who loves me deeply and who is paying attention to every step I take. Help me believe that not a single footprint in my life is wasted, unseen, or without purpose. Even when the journey feels long, remind me that You are present and working.

Teach me patience and give me the right perspective as You shape my heart. Grow my joy in Your Kingdom, even in the hard and unseen moments. Help me to trust that You are using every step to draw me closer to You. Amen.

DAY 14: January 24, 2026

Creating Space to Draw Near to God

Today's Scripture

James 4:1-10: *1 What is the source of wars and fights among you? Don't they come from your passions that wage war within you? 2 You desire and do not have. You murder and covet and cannot obtain. You fight and wage war. You do not have because you do not ask. 3 You ask and don't receive because you ask with wrong motives, so that you may spend it on your pleasures. 4 You adulterous people! Don't you know that friendship with the world is hostility toward God? So, whoever wants to be the friend of the world becomes the enemy of God. 5 Or do you think it's without reason that the Scripture says: The spirit He made to dwell in us envies intensely? 6 But He gives greater grace. Therefore, he says: God resists the proud but gives grace to the humble. 7 Therefore, submit to God. Resist the devil, and he will flee from you. 8 Draw near to God, and He will draw near to you. Cleanse your hands, sinners, and purify your hearts, you double-minded. 9 Be miserable and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and He will exalt you.*

Reflect on the Word

There are three main things that pull us away from God: the desires inside us, wanting to fit in with the world, and the devil's influence. These distractions get in the way of living a life that pleases God. They lead us into sin, stir up arguments and fights, fill us with pride, and put distance between us and God. But the good news is, God's grace is stronger than any of these things that compete for our hearts. James explains that when we turn to God and choose to obey Him, the devil has no choice but to run away. And when we come close to God with humble hearts, He always comes close to us and shares His pure, holy presence with us.

Application

Verse 8 tells us that we should come to God with hands that are clean and hearts that are pure. The way to become clean like this is by accepting the forgiveness that Jesus offers. Everyone needs to look honestly at their own heart, admit their wrongs, and come to God with humility. It's only when we let go of our pride and let Jesus wash us clean that we can stand before God. This is a wonderful invitation! When we're with God, we don't have to worry about the evil or confusion in the world. If we really knew how much happiness is waiting for us in God's presence, wanting to be close to Him would be our strongest wish.

Today's Prayer

Father, today I speak Your Word out loud and declare it over my life: "*Draw near to God, and He will draw near to you.*" I repeat it until it settles in my heart and I truly believe it. Thank You for the promise that when I take a step toward You, You respond by coming close to me.

Reveal to me any negative influences in my life, anything that is pulling my heart, my thoughts, or my time away from You. Give me the humility to release those things and place them fully in Your hands. Help me not to hold on to what hinders my walk with You.

I ask You to give me a single-minded heart, fully focused on seeking Your presence. Remove distractions, divided loyalties, and double-mindedness, and help me pursue You with sincerity and devotion. I want to draw near to You and stay close. Amen.

WEEK THREE

Growing Together Through Relationships

Some suggestions:

❖ Fellowship

Make it a point to invite some families from your church or neighborhood over to your house for a relaxed, casual gathering.

❖ Have Real Conversations

Ask people how they're really doing. Take the time to really listen to their backgrounds and experiences and be on the lookout for opportunities to pray for them or find small, thoughtful ways to help them out.

❖ Celebrate Together

Acknowledge birthdays, graduations, new jobs, and victories, big or small.

DAY 15: January 25, 2026

Honoring God Through Faithful Covenant Relationships

Today's Scripture

Romans 12:9-10: *9 Let love be without hypocrisy. Detest evil; cling to what is good. 10 Love one another deeply as brothers and sisters. Take the lead in honoring one another.*

Reflect on the Word

Paul teaches that our love for each other should be real and sincere. This means that as believers, we should truly care about the spiritual, physical, and overall well-being of others. In his letter to the Corinthians, Paul explains what this kind of love looks like in our lives. He says, "Love is patient and kind. It doesn't get jealous, brag, or act proud. It isn't rude, selfish, or easily angered, and it doesn't keep scores of wrongs. Love takes no pleasure in wrongdoing but celebrates the truth." If we want to live the Christian life that God wants for us, we need to pay attention to and follow Paul's instructions in these verses. Loving other believers isn't just for those who are spiritually mature, it's something God expects from everyone who follows Jesus. Let's be people who love others well.

Application

Pick something nice to do for someone this week. It can be as easy as jotting down a thoughtful message for your partner, a coworker, or a friend, or maybe inviting someone out for lunch just to catch up and see how they're doing. Whatever you choose, set out to purposefully show real kindness to a person in your life this week.

Today's Prayer

Lord, I ask You today for the confidence and courage that only Your Spirit can give. Help me take intentional steps this week to reflect Your love in my words, my actions, and my attitude. Lead me to opportunities where I can be a living example of Your grace and kindness.

Show me how to love the people in my life who are difficult for me to love. Give me patience, understanding, and compassion where I might normally pull back or respond in frustration. Help me see others through Your eyes and love them the way You love me. Let Your Spirit guide me so that Your love flows through me in real and meaningful ways. Amen.

DAY 16: January 26, 2026

Living Connected Through Biblical Community

Today's Scripture

Hebrews 10:24-25: *24 And let us consider one another in order to provoke love and good works, 25 not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.*

Reflect on the Word

The author of Hebrews is telling these believers not to stop meeting together as followers of Christ. Being part of this group is important because it helps them encourage each other to love and support one another, whether times are tough or things are going well. By staying connected and sharing life, they can keep each other going and stay faithful together.

Application

As one pastor put it, "Community is built, not just stumbled upon." Being part of a group of fellow believers isn't always simple. It requires us to make a real effort to connect with people who will stick by us through both tough times and good ones. If we walk away from being part of this group, we miss out on the relationships with other believers that God made us for. It might be challenging sometimes, but it's really important for every Christian to be involved in a faith community, not just for their own spiritual growth, but to help others grow too!

Today's Prayer

Father, I come to You asking for Your guidance as I seek the community You have for me. Help me to be intentional and open to the connections You want to place in my life. Give me the courage and boldness to step out of my comfort zone and find the people You've prepared for me to walk alongside in faith.

Open my eyes Lord to truly see the needs of the people around me. Help me to listen well, love well, and serve with a willing heart. Teach me to be present, supportive, and faithful in the relationships You've entrusted to me. Thank You for the gift of community and for placing people in my life to grow with and encourage one another. Amen.

DAY 17: January 27, 2026

Living Out Authentic Love in Daily Life

Today's Scripture

John 13:34-35: *34 I give you a new command: Love one another. Just as I have loved you, you are also to love one another. 35 By this everyone will know that you are my disciples, if you love one another.*

Reflect on the Word

The idea of “Loving God” wasn’t something new for the people whom Jesus was speaking. Many of them already knew the Old Testament verse from Deuteronomy that says to love God with all your heart, soul, mind, and strength. But Jesus raised the bar. Following Jesus isn’t just about loving God, you’re also told to love others the way Jesus loves you. This would now be what sets a believer apart, not following rules, not what you know, and not even just showing up to church regularly.

Application

What does it really mean to love each other the way Jesus loved us? That famous passage in 1 Corinthians 13 shows us what genuine love looks like, being willing to wait, showing kindness, putting someone else first, helping out, and finding joy in giving. In today's world, we often think "love" means romance or attraction, but God's love goes way beyond that. It's selfless and puts others first. So, what would it look like for you to love your spouse, kids, neighbor, or even a stranger at the store that way today? Make up your mind that the most powerful way you can point people to Jesus is simply by loving them really well.

Today's Prayer

Father, as I spend time reading Your Word today, I ask You to search my heart and show me where I still need to grow in loving others. Gently point out the places where my love falls short and help me learn how to reflect Your love more clearly in my everyday life.

At the same time, thank You for the ways You are already working in me. Help me see and celebrate the areas where I do love well, not with pride, but with gratitude for what You are doing through me. Thank You for the perfect example of love shown through Your life and Your sacrifice. I commit again today to love others the way You first loved me, with patience, humility, and grace. Amen.

DAY 18: January 28, 2026

Honoring God with a Willing Spirit of Sacrifice

Today's Scripture

Philippians 2:3-4: *3 Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. 4 Everyone should look not to his own interests, but rather to the interests of others.*

Reflect on the Word

Verse 3 shows us two totally different ways to live. One way we need to get rid of, and the other we need to practice. It starts by saying, "... do nothing out of selfish ambition or conceit." The word 'conceit' comes from the Greek word kenodoxia, which is made up of the words for "empty" and "glory." This is talking about people who think too highly of themselves, they're all about getting praise and attention, but in reality, they don't have anything real or healthy inside. That's the kind of attitude we all need to let go of. Instead, what we should be working on is humility, putting others before ourselves. The best example of this is Jesus. He's the exact opposite of kenodoxia. Jesus has real glory that's greater than anything, but He chose to set it aside because He loved us so much.

Application

C.S. Lewis said, "Humility is not thinking less of yourself, but thinking of yourself less." In today's world, we tend to put ourselves first. We spend a lot of time and energy looking out for ourselves, treating ourselves, and living for ourselves. But as Christians, we're called to put others first. That doesn't mean we ignore our own needs. The Bible tells us our bodies are temples of the Holy Spirit, so it's important to take care of ourselves. Still, when we're a spouse, friend, child, or fiancé, we shouldn't just focus on ourselves. Put others' interests ahead of your own! The more you pay attention to others, the less you'll worry about yourself.

Today's Prayer

Abba Father, today I come to You asking first that You help me think of myself less. Teach me to release self-focus and pride and shape my heart to be more aware of others and more sensitive to Your leading. I lift up my family to You right now, calling each of them by name and placing them in Your care. I also pray for my friends, asking You to watch over them, strengthen them, and meet their needs.

As I pause and listen, I bring before You anyone else the Holy Spirit places on my heart, trusting that You know exactly what each person needs. Finally, help me recognize opportunities to set aside my own wants for the benefit of someone else. Give me a willing and generous heart, ready to serve and love in practical ways. Let my life reflect Your love as I choose humility, compassion, and selflessness today. Amen.

DAY 19: January 29, 2026

Honoring God by Practicing the Sabbath

Today's Scripture

Exodus 20:8-11: *8 Remember the Sabbath day, to keep it holy: 9 You are to labor six days and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. You must not do any work, you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. 11 For the Lord made the heavens and the earth, the sea, and everything in them in six days; then He rested on the seventh day. Therefore, the Lord blessed the Sabbath day and declared it holy.*

Reflect on the Word

God gave Moses these rules, which are part of the famous “Ten Commandments,” while he was on Mount Sinai during the Exodus. With big displays like smoke, thunder, lightning, and even earthquakes, God showed up and gave Moses the main laws for His people. One important rule was to “remember the Sabbath day and keep it holy.” This means that the day was set aside just for God, and the Israelites were told not to work on that day. Instead, they were supposed to rest and honor God, following His example from when He created everything and rested afterward.

Application

Many times, we end up exhausted, overwhelmed, and stressed because we don't set aside intentional, protected time each week and treat it as sacred. When responsibilities pile up, people are waiting on us, and life feels nonstop, it's easy to push the Sabbath aside and convince ourselves it's not that important. In doing so, we often overlook two key truths. First, keeping the Sabbath is not optional, it is a clear instruction from God. He has already told us what that day is meant to be: a time for rest, worship, and focusing our hearts on Him. Second, we were created to need the Sabbath. Real renewal and strength come only when we slow down and spend time in God's presence. May we return to honoring this God-given rhythm and allow it to bring balance and restoration back into our lives.

Today's Prayer

Father, as I enter this Sabbath, I want to honor this time and set it apart for You. I choose to slow down and keep my heart focused on You through ongoing prayer, staying in conversation with You throughout the day. Help me to both speak honestly and listen closely as You guide my thoughts and quiet my spirit. I take time to look back over this past week and thank You for Your faithfulness in every moment, both seen and unseen. You were present, you provided, and You carried me through. As I prepare for the week ahead, I ask You to equip me with renewed strength, clarity, and peace. Fill me with what I need to walk forward in confidence and trust. I rest in You today. Amen.

DAY 20: January 30, 2026

Choosing Stillness at Jesus' Feet

Today's Scripture

Luke 10:38-42: *38 While they were traveling, He entered a village, and a woman named Martha welcomed Him into her home. 39 She had a sister named Mary, who also sat at the Lord's feet and was listening to what He said. 40 But Martha was distracted by her many tasks, and she came up and asked, "Lord, don't you care that my sister has left me to serve alone? So, tell her to give me a hand." 41 The Lord answered her, "Martha, Martha, you are worried and upset about many things, 42 but one thing is necessary. Mary has made the right choice, and it will not be taken away from her."*

Reflect on the Word

The account of these two sisters and the way they related to Jesus shows us just how priceless it is to spend time with God. Martha allowed herself to become pulled in many directions, while Mary chose to give her full attention to Jesus. Through His response to Mary, Jesus gently calls all of us to release our distractions, pause what we're doing, and sit close to Him. He invites us into a meaningful, personal connection with Him. Jesus Himself is our greatest treasure, deserving of our complete devotion and praise, because nothing else even comes close to who He is.

Application

Every day, we are surrounded by endless ways to fill our time, some that are helpful and some that are not. With so many options pulling for our attention, it can be hard to slow down and focus on what matters most. Yet the greatest choice we can make is to spend time close to Jesus. We have been given an amazing gift, the chance to live in a close, personal relationship with the One who created everything and promises to never leave us. Still, we often trade that invitation for things that don't truly satisfy. How we choose to use our time shows what we value most in our hearts. Each day brings opportunities to decide where our focus, energy, and love will go. Just like Mary, we can choose at any moment, in any place, to sit with Jesus and be fully present with Him. The question we must ask ourselves is how we will intentionally create space in our lives to rest in ongoing, close fellowship with Him.

Today's Prayer

Father, search my heart and show me where my true treasure is. Help me see whether I've been living anxious and distracted like Martha or resting in Your presence like Mary. Teach me how to sit at Your feet today and truly be with You. Remind me what a gift it is to have fellowship with You and help me make room for You in every moment so I can walk more closely with You. Quiet my heart and refocus my desires on what matters most. Draw me deeper into a daily, abiding relationship with You. Amen.

DAY 21: January 31, 2026

Living From a Place of Abiding in Christ

Today's Scripture

John 15:4-5: *4 Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. 5 I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.*

Reflect on the Word

When life feels overwhelming and things aren't going the way we hoped, it's easy for that frustration to turn toward God. We start questioning why situations are falling apart and may even feel angry about what we're going through. Yet many times, our sense of disappointment and lack of growth comes from being disconnected from God, spending less time in His presence and not paying close attention to what He teaches us. In these verses, Jesus is reminding us that real fulfillment is found only through staying connected to Him. On our own, we are limited and unable to produce lasting results. But when we remain close to Him, our lives are filled with purpose, strength, and blessings far greater than we could create by ourselves.

Application

Choosing to stay connected to Christ isn't something we decide once and never think about again. Because of our human nature, there is an ongoing struggle within us, and that makes this a daily choice. Each morning, we have to intentionally decide to spend time with Jesus, remain close to Him, and learn from His Word. As we develop a consistent rhythm of walking with Christ, He pours out blessings in ways we could never produce on our own. When Jesus says, "apart from me you can do nothing," He is reminding us that this requires a daily decision to live in obedience and stay aligned with Him. Anytime we try to handle life on our own, we become like a branch that dries up. True growth and lasting fruit only come from staying connected to God.

Today's Prayer

Father, right now, I invite You into everything that is happening in my life. Nothing is too small or too big for You, and I don't want to walk through any part of this journey without You. I welcome You into my decisions, my thoughts, my emotions, and every step I take. Walk with me through the highs and the lows of each day. Help me stay aware of Your presence and attentive to Your voice. Keep my heart open to Your guidance and teach me to trust You as You lead me forward. I want to do life with You, not apart from You. In Jesus Name, Amen.

WEEK FOUR

Embracing God's Invitation to Rest

Embracing yourself through resting with God begins with slowing down and allowing yourself to simply be. It means giving yourself permission to stop striving, stop performing, and stop measuring your worth by how much you accomplish. As you rest with God, you learn to receive His love rather than trying to earn it, and you begin to see yourself the way He sees you, valued, cared for, and enough.

Resting with God also creates space for honesty. In His presence, you can acknowledge your weariness, your fears, and your unmet needs without shame. God meets you there with grace, reminding you that you are not alone and that your life does not depend on constant effort. As you sit quietly with Him, His peace settles your heart, and His truth reshapes the way you view yourself. Through that rest, you begin to embrace who you are, flaws, limits, and all held securely in His presence.



21 Days of Prayer and Fasting

We are deeply grateful for your commitment and participation in Crossroads for Life Ministries, 21 Days of Prayer and Fasting. Your devotion, prayers, and unity have blessed and strengthened our faith community. May God continue to pour out His grace and favor on each of you as we move forward together in His love.