



# AWAKEN

## INDIANA





# INTRODUCTION

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Fasting is a joyful journey into deeper intimacy with God— a sacred practice that invites us to attune our hearts more fully to His presence and hear His voice with greater clarity. Through fasting, as we set aside our physical needs, we create space to feast on the life-giving presence of Jesus, the life of the Holy Spirit and the beauty of our heavenly Father.

This guide is designed to lead you on such a journey— across weeks of reflection and prayer— with the aim of awakening a fresh delight in God as your loving Father and transforming your spiritual life from within.

Each day's scripture and reflection will gently pull you closer to Jesus, enabling you to discover who you are in Him, embrace the power of His love and justice and hear His voice above the noise of life. Fasting deepens our awareness of God's nearness, stirring our spirits to respond with longing and trust. It is in this sacred space of desire and surrender that transformation unfolds - where old patterns fade and the new creation in Christ emerges more clearly.

As you embark on this journey, expect your ears to become finely tuned to God's whispers, your heart open to His affection and your life shaped by His Spirit's gentle guidance.

# INTRODUCTION

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The discipline of fasting does more than draw you near; it invites you into a dance of delight with your Creator, deepening your identity as His beloved child and expanding your capacity to live out His purposes on earth.

May this guide inspire and equip you to pursue God with joyful devotion, knowing that He delights to reveal Himself to those who seek Him wholeheartedly through fasting and prayer.

Embrace the transformation ahead with hope, knowing that this sacred discipline will deepen your intimacy with God and align your life with His perfect love and plan.

# THE PRACTICE OF FASTING

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Fasting is a spiritual discipline that draws believers closer to God by quieting physical appetites, intensifying spiritual focus and creating space to discern the Father's voice.

This Guide combines practical guidance, biblical reasons and scriptural foundations for fasting with emphasis on personal transformation, kingdom impact and the example set by Jesus and the message of Isaiah 58.



# WHY FAST?

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Fasting is not a method to force God to speak, but a way to tune the heart, quiet distractions and become attentive to the Holy Spirit's leading.

By temporarily abstaining from food and other comforts, believers humble themselves before God, remove worldly noise and express dependence on Him.

This intentional stillness, modeled by biblical figures like Elijah, Moses, Jesus, and the early church, creates fertile ground for hearing God's gentle whisper and recognizing His direction.



# HOW FASTING CLARIFIES GOD'S VOICE

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- Fasting removes distractions, silencing daily noise and allowing the heart to listen deeply, like Elijah hearing God's gentle whisper (1 Kings 19:11–13).
- It centers the heart on God. By denying physical desires, fasting realigns our priorities and amplifies our attentiveness to the Spirit's voice.
- Fasting sharpens spiritual senses. In fasting, physical hunger is transformed into spiritual sensitivity and greater conviction through scripture and prayer.
- It deepens intimacy and dependence, training the soul to rest in God's sufficiency and positioning us for divine guidance. (Acts 13:2–3).
- Fasting aligns our will with God's, enabling surrender of personal agendas and cultivating responsiveness to God's peace and prompting. (John 10:27).



# PRACTICAL WAYS TO LISTEN DURING A FAST

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- Spend extended time in scripture and prayer, inviting God's truth to speak.
- Journal impressions or verses that arise, patterns often confirm God's leading.
- Create moments of silence and solitude to foster spiritual stillness.
- Notice God's peace as a sign of confirmation.



# REASONS AND CORE BENEFITS OF FASTING

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- **Attuning to the Father's Voice:** Fasting removes obstacles and enhances spiritual listening.
- **Personal Transformation:** Fasting humbles, brings repentance, increases self-control and builds spiritual power.
- **Kingdom Advancement & Social Justice:** Fasting motivates compassion and concrete action (Isaiah 58), resulting in healing, restoration and justice for others.
- **Biblical Direction & Intercession:** Many leaders fasted for guidance, deliverance and breakthrough. (Ezra, Esther, Acts, Nehemiah)





# SCRIPTURAL FOUNDATIONS ON FASTING

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## **Matthew 4:2**

*"After fasting forty days and forty nights, he was hungry."*

- Jesus fasted at the beginning of His public ministry, demonstrating dependence on the Father and preparation for spiritual testing. His fast attuned Him to the Father's voice for discerning the enemy's temptations and entering His mission.

## **Matthew 6:16-18**

*"When you fast, do not look somber ... your Father, who sees what is done in secret, will reward you."*

- Jesus teaches fasting as intimacy with the Father not as a public display. Its reward is a deepened relationship with God and spiritual sensitivity.

## **Acts 13:2-3**

*"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul...'"*

- The early church fasted to hear God's guidance. Fasting opened their ears to the Spirit's direction for kingdom mission.

## **Acts 14:23**

*"...with prayer and fasting, [they] committed them to the Lord..."*

- Fasting marked times of important decisions and leadership appointments, cultivating discernment and trust in God's guidance.



# SCRIPTURAL FOUNDATIONS ON FASTING

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## **Isaiah 58:6**

*“Is not this the fast that I choose: to loose the bonds of wickedness...to let the oppressed go free...?”*

- Isaiah says true fasting leads to justice, compassion and outward transformation, not just ritual. God promises His nearness and light when fasting is combined with righteousness and care for others.

## **Joel 2:12**

*“‘Yet even now,’ declares the Lord, ‘return to me with all your heart, with fasting, with weeping and with mourning;’”*

- Fasting is an act of repentance, turning hearts toward God for renewal and restoration.

## **Ezra 8:23**

*“So we fasted and petitioned our God about this, and he answered our prayer.”*

- Fasting is connected to seeking God’s help, deepening trust in His faithfulness and provision.



# JESUS AND ISAIAH 58

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Jesus fasted for strength, clarity, and overcoming temptation, demonstrating reliance on the Father and preparation for Spirit-filled ministry.

Isaiah 58 condemns empty ritual fasting, instead exhorting believers to fast in a way that breaks oppression, brings healing and cultivates God's presence and guidance.

In summary, fasting is a biblical way to deepen intimacy with God, form Christlike character and fulfill the call to love God and others through transformed listening and obedient action.



# SUGGESTED ESSENTIALS FOR 40 DAYS OF PRAYER AND FASTING

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## Hearing God's Voice

Differentiating between God's voice and our own thoughts can be a challenging endeavor, but there are several key considerations that can help in this discernment process.

First, it's important to consider the content and character of the thoughts or messages being experienced. God's voice will align with the principles and teachings found in Scripture, offering wisdom, promoting love and encouraging humility.

Additionally, God's voice is often described as gentle, calming and filled with love and acceptance, in contrast to the anxiety, fear, judgment and condemnation that may accompany our own thoughts or the voices of others.

Seeking peace and alignment with the truth of Scripture can serve as a guide in distinguishing God's voice from our own thoughts or the voices of others.

Furthermore, prayer for wisdom and guidance in discerning God's voice can be instrumental in this process.

Ultimately, discerning God's voice from our own thoughts is a practice that requires attentiveness, spiritual sensitivity and a deepening relationship with God.



# SUGGESTED ESSENTIALS FOR 40 DAYS OF PRAYER AND FASTING

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## **Journaling**

With this in mind, we challenge you to journal your thoughts and write about the reflection question(s) for each day. This will help to capture those intimate moments with Jesus and help you to remember how He spoke to you over the next 40 days of prayer and fasting.

## **Reflecting on Mission of Jesus**

Reflect on Isaiah 61:1-4 which was the exact scripture that Jesus used in announcing His ministry and purpose. As you seek God over the next 40 days, ask Him to reveal your role in rebuilding the ancient ruins of our families, cities and towns.

Isaiah 61:4 speaks of the restoration and rebuilding of ancient ruins, the raising up of former devastations and the repair of ruined cities and desolations of many generations. This verse is often interpreted as a promise of restoration and renewal, both in a physical and spiritual sense.

# WEEK 1: JESUS AS AN AGENT OF CREATION

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This guide helps you center each day of fasting around a scripture highlighting Jesus' role as Creator, accompanied by a reflection question for journaling.

Use each passage for meditation, prayer and attentive listening, asking the Spirit to deepen your understanding of Jesus as the source of life and creation.

Take time each day to journal your responses to the reflection questions, inviting the Holy Spirit to reveal Jesus' creative work in your heart and your world. As you fast, let Jesus (the Word and Creator) renew, restore and direct every part of your life.



# DAY 1

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## John 1:1-3 ESV

"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him was not any thing made that was made."

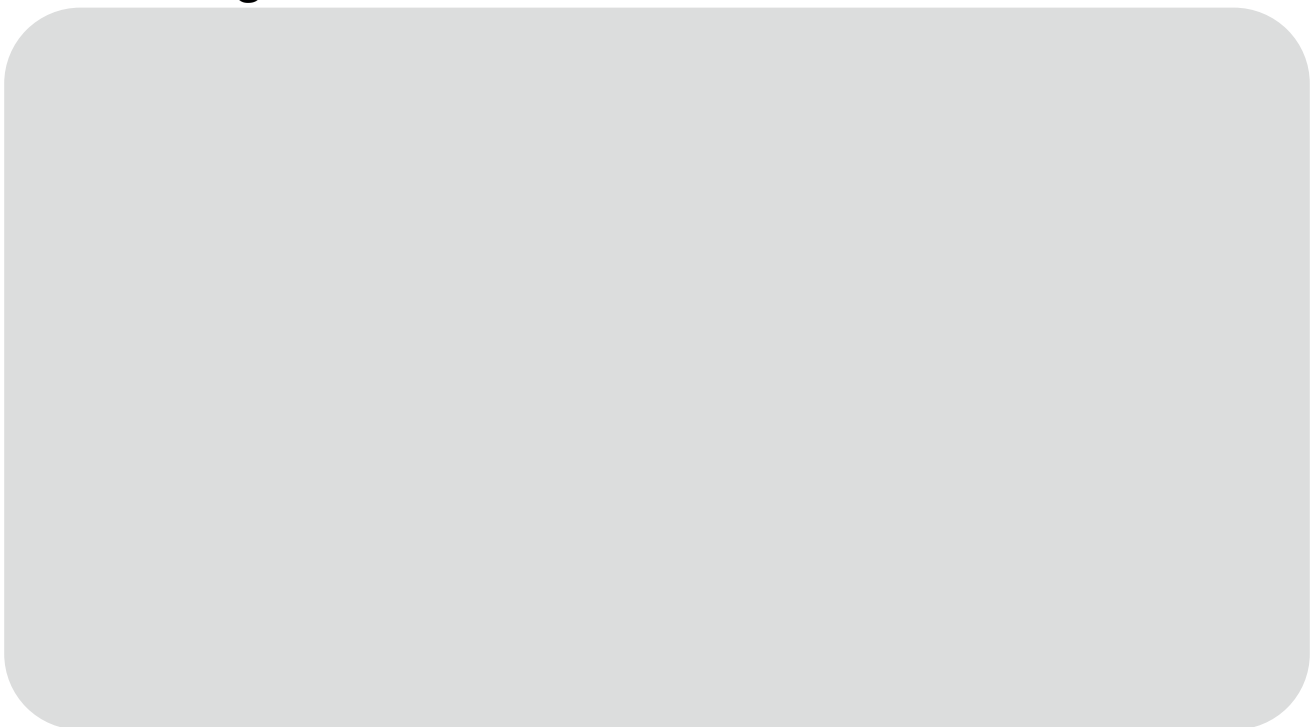
### Reflect:

- How does recognizing Jesus as the eternal Word invite me to encounter Him personally, rather than just know about Him?
- In what ways can the Holy Spirit expand my understanding of who Jesus is so that I experience God's creative presence in everyday life?

### Pray:

Ask for deeper revelation of Jesus as the eternal Word. Pray to meet Him personally today and for the Spirit to show you God's creative power in your daily life.

### Journaling



# DAY 2

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## Colossians 1:16 ESV

"For by Him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities - all things were created through Him and for Him."

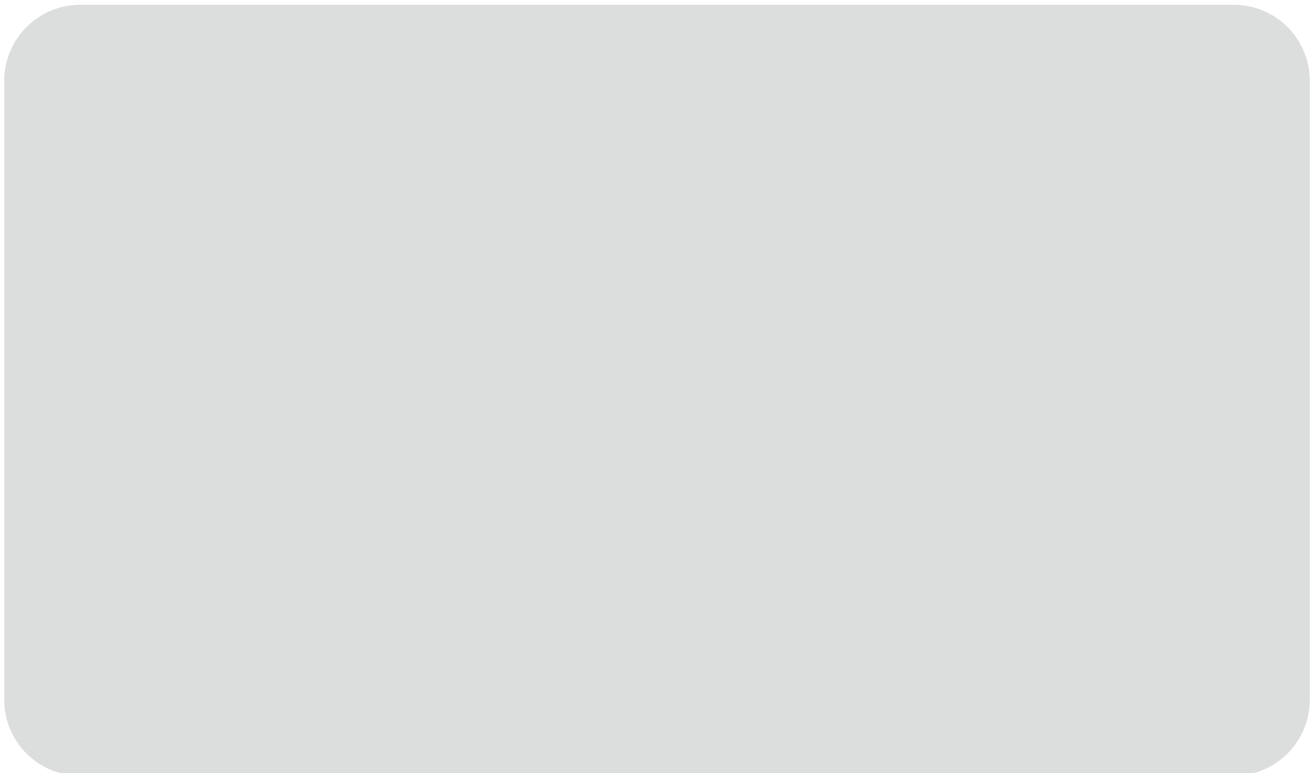
### Reflect:

- How can intimacy with Jesus reshape my perspective about my place in creation, knowing that all things were made for Him?
- Where might the Holy Spirit want to reveal deeper truths about what it means for my life and purpose to be 'for' Jesus every day?

### Pray:

Pray for a fresh vision of your purpose as made for Jesus. Ask the Holy Spirit to reveal how every part of your life can honor Him.

### Journaling





# DAY 3

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## Colossians 1:17 ESV

"He is before all things, and in Him all things hold together."

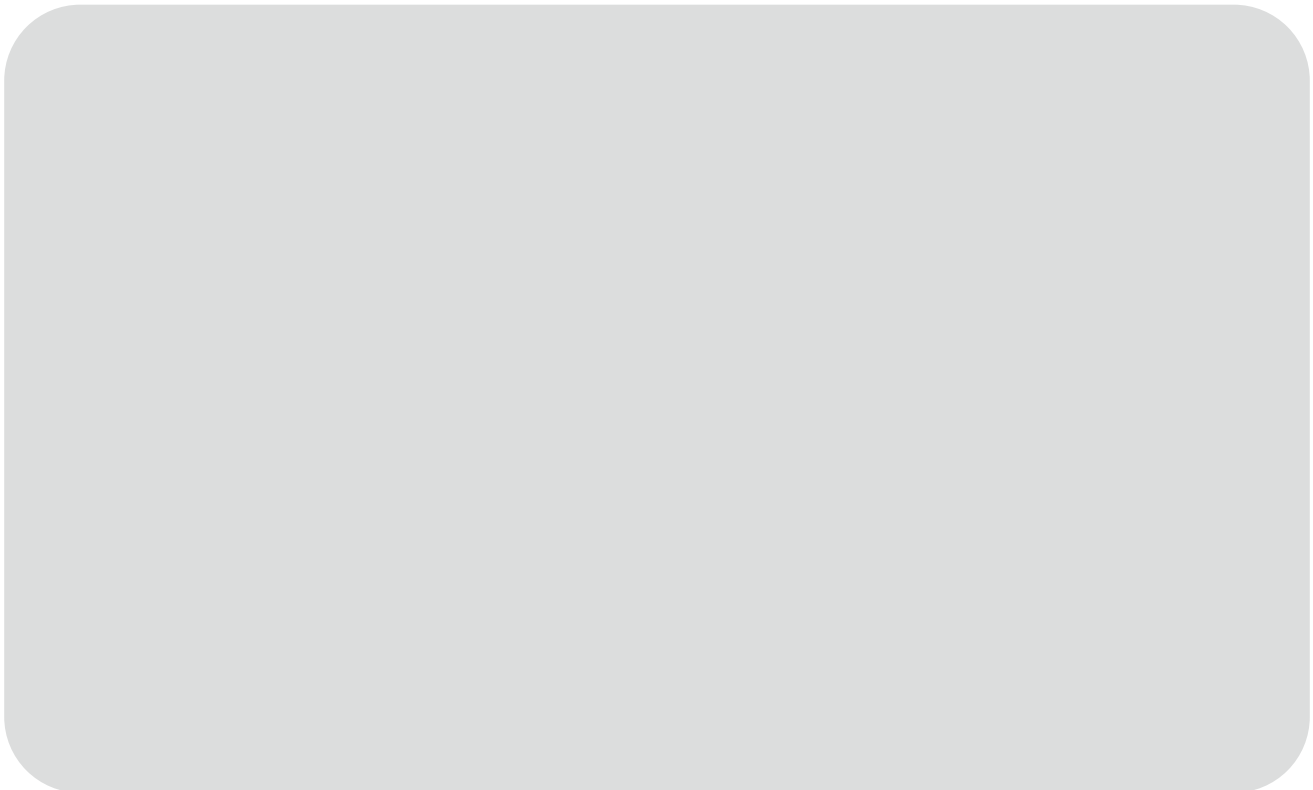
### Reflect:

- What steps can I take to trust Jesus more deeply as the One who 'holds all things together', especially in areas that feel chaotic or out of control?
- How might inviting the Holy Spirit to sustain my heart today lead to meaningful change and deeper confidence in Christ's care?

### Pray:

Ask Jesus to hold every area of your life together. Pray for the Spirit's sustaining presence to bring peace where you feel unsettled or anxious.

### Journaling



# DAY 4

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## Psalm 33:6 ESV

"By the word of the Lord the heavens were made, and by the breath of His mouth all their host."

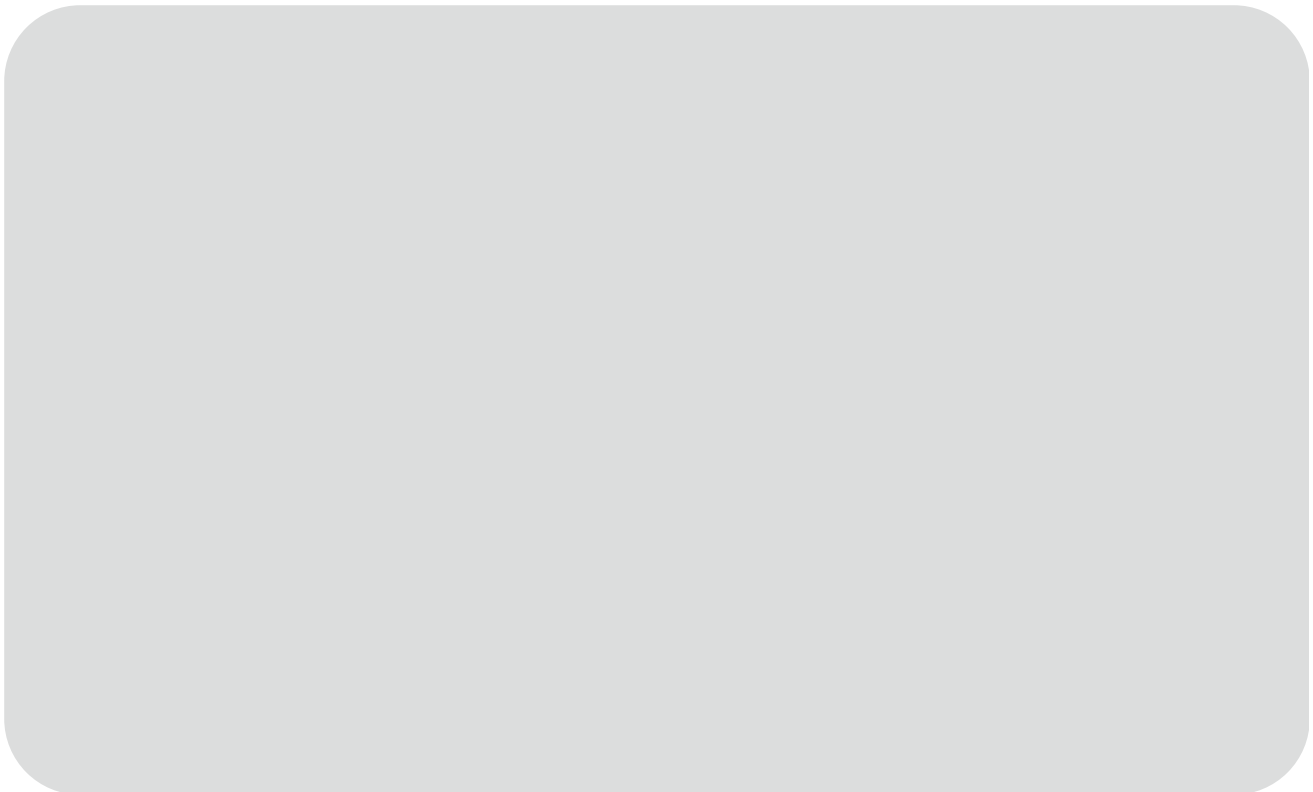
### Reflect:

- Where in my life do I long to see evidence of Jesus' creative power and renewal?
- How can I ask the Holy Spirit to breathe new life and understanding into places that feel stagnant, confused or lifeless?

### Pray:

Invite Jesus' creative power to renew you. Ask the Holy Spirit for fresh vision and understanding for any place in your life that needs resurrection.

### Journaling



# DAY 5

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## 1 Corinthians 8:6 ESV

"Yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist."

### Reflect:

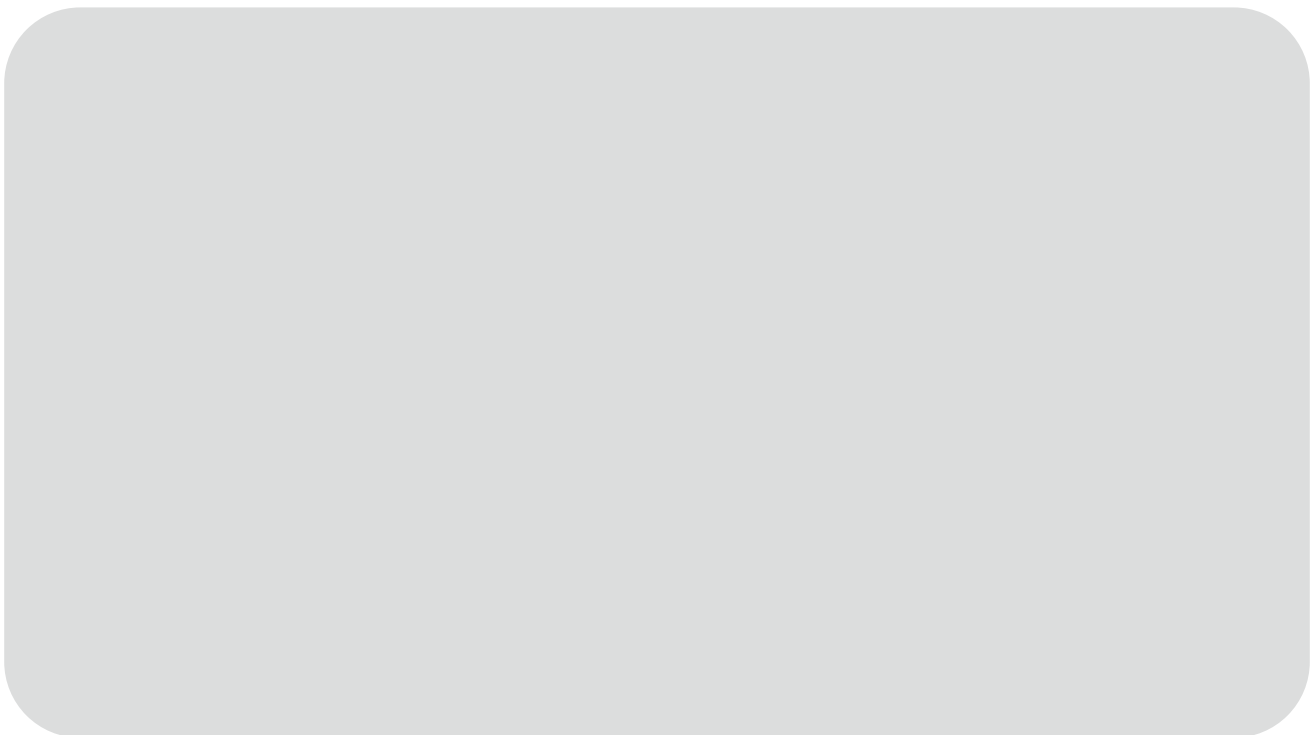
- What does it look like for me to depend on Jesus for my very existence, not just in theory, but in my daily practices of prayer and fasting?
- In what way might the Holy Spirit want to align my desires and actions with the reality that everything I am is through and for Jesus?

### Pray:

Pray to experience dependence on Jesus as your source.

Ask the Spirit to align your heart and actions with Christ's purpose today.

### Journaling



# DAY 6

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## John 1:3-4 NIV

"Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of men."

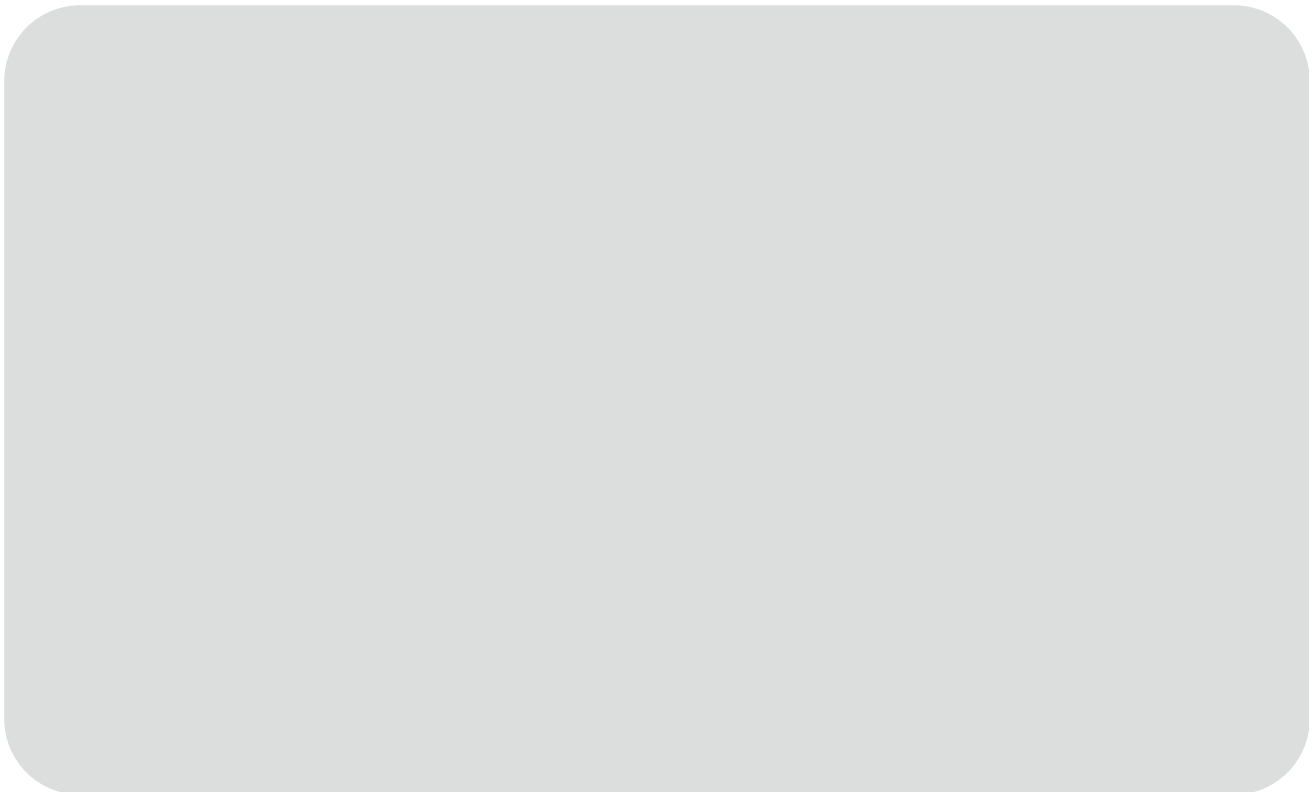
### Reflect:

- How has Jesus brought His light into dark or empty places in my story? How can I invite Him to do so right now?
- Where might the Holy Spirit want to bring clarity and hope, dispelling confusion or discouragement with Jesus' life and love?

### Pray:

Thank Jesus for shining light into your darkness. Ask the Holy Spirit for hope and clarity where you feel confused or empty.

### Journaling





# DAY 7

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## Hebrews 1:3 NIV

"For the Son is the radiance of God's glory and the exact representation of His being, sustaining all things by His powerful word."

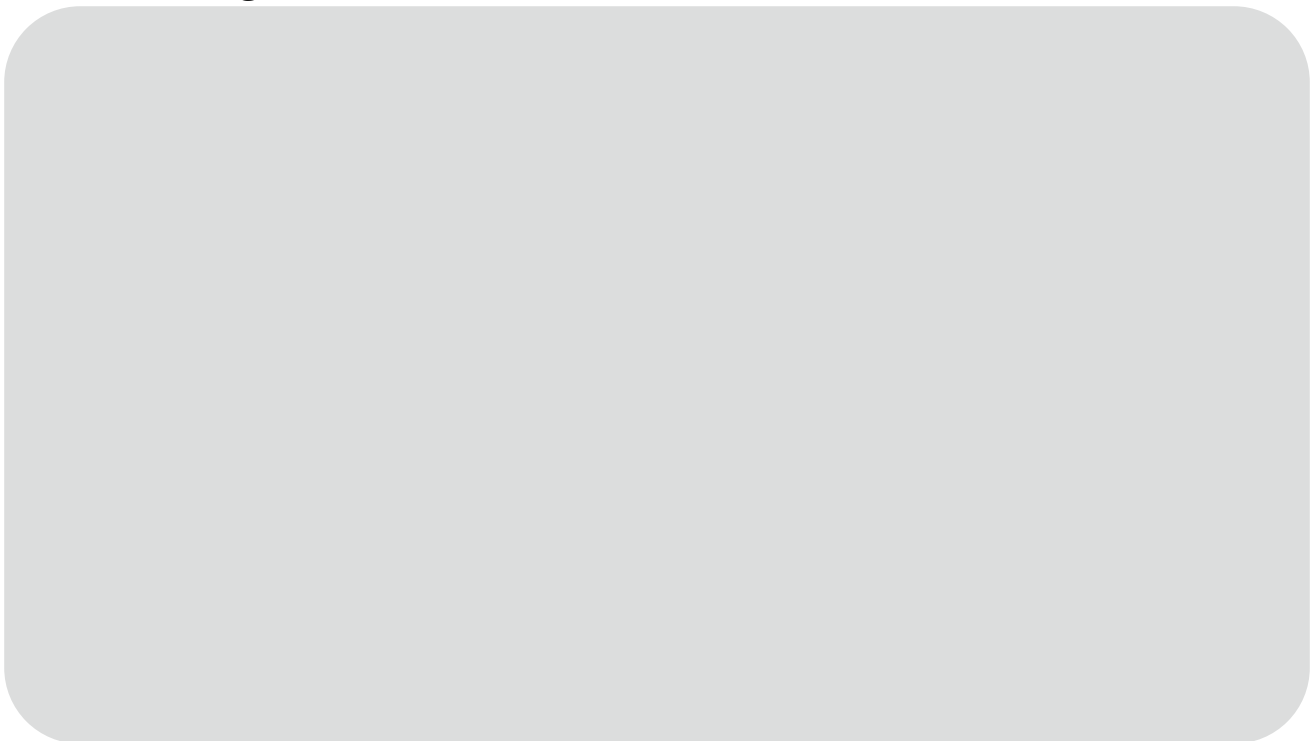
### Reflect:

- How can I become more aware of Jesus' sustaining power and the radiance of His presence as I finish this season of fasting?
- What new steps can I take to respond to the Holy Spirit's invitation for deeper intimacy with Jesus as the One who sustains me and reflects God's glory in my life?

### Pray:

Pray for greater awareness of Jesus' presence. Thank Him for sustaining you and ask the Spirit to draw you into deeper intimacy.

### Journaling



# WEEK 2: THE COMPASSIONATE MINISTRY OF JESUS

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Each day features a scripture highlighting Jesus' love and compassion in His ministry.

Reflect deeply on the person of Jesus through the Scripture and the guided questions.

Use the journaling space to foster a growing love and intimate understanding of Him.



# DAY 8

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## Matthew 9:35-38 ESV

“And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, ‘The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.’”

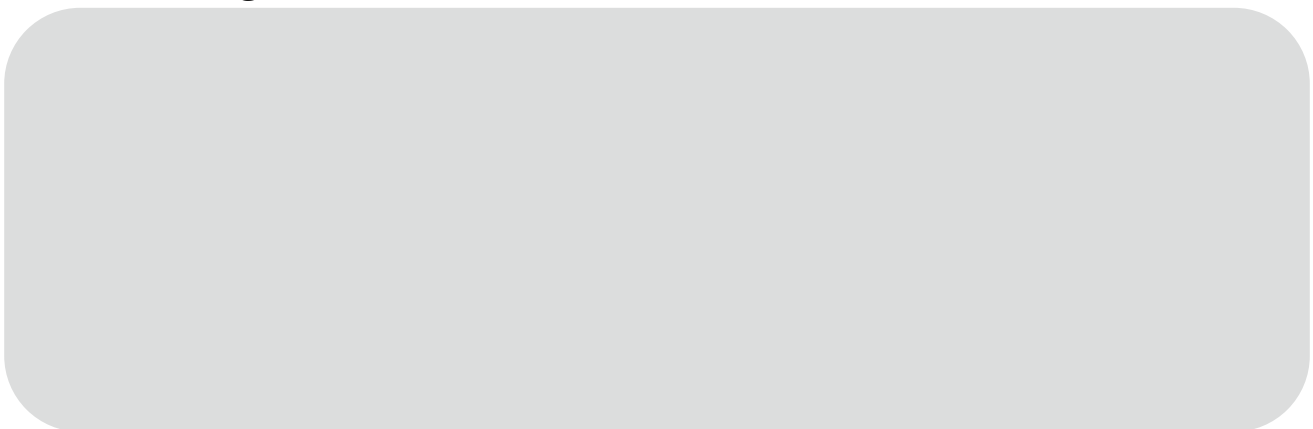
### Reflect:

- In what ways do I sense Jesus’ compassion for the weary and scattered parts of my own life? How might receiving that compassion heal me?
- How can the Holy Spirit inspire greater compassion in me, so I become an active participant in God’s harvest among those who need care or that are far from Jesus?

### Pray:

Pray for a heart like Jesus. Ask for His compassion to fill you for those who are lonely and spiritually lost and to send you—and others—into caring action for God’s harvest.

### Journaling



# DAY 9

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## **Matthew 14:13-21 ESV**

"When Jesus went out He saw a great multitude; He was moved with compassion for them, and healed their sick. When evening came, His disciples said, 'Send the crowds away to buy food.' But Jesus said, 'They do not need to go away. You give them something to eat.' And He took the five loaves and two fish, blessed them, and fed about five thousand men, besides women and children."

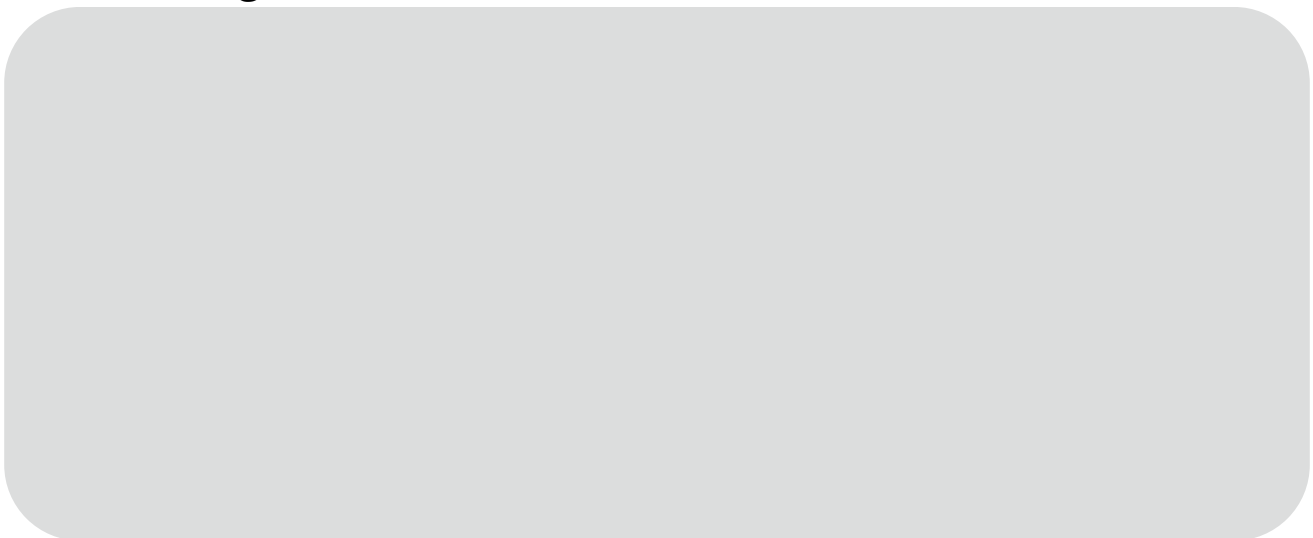
### **Reflect:**

- Where do I need to trust Jesus to provide (spiritually, emotionally, physically) in my life, just as He cared for the crowd?
- How might the Holy Spirit open my eyes to the needs of those around me so I can reflect Jesus' heart of provision and service?

### **Pray:**

Pray for trust in Jesus' provision for every need and for open eyes and willingness to offer practical help to those hungry in body and spirit.

### **Journaling**





# DAY 10

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## Matthew 20:29-34 ESV

"Two blind men sitting by the road cried out, 'Have mercy on us, O Lord, Son of David!' Jesus *had compassion and touched their eyes*, and immediately their eyes received sight, and they followed Him."

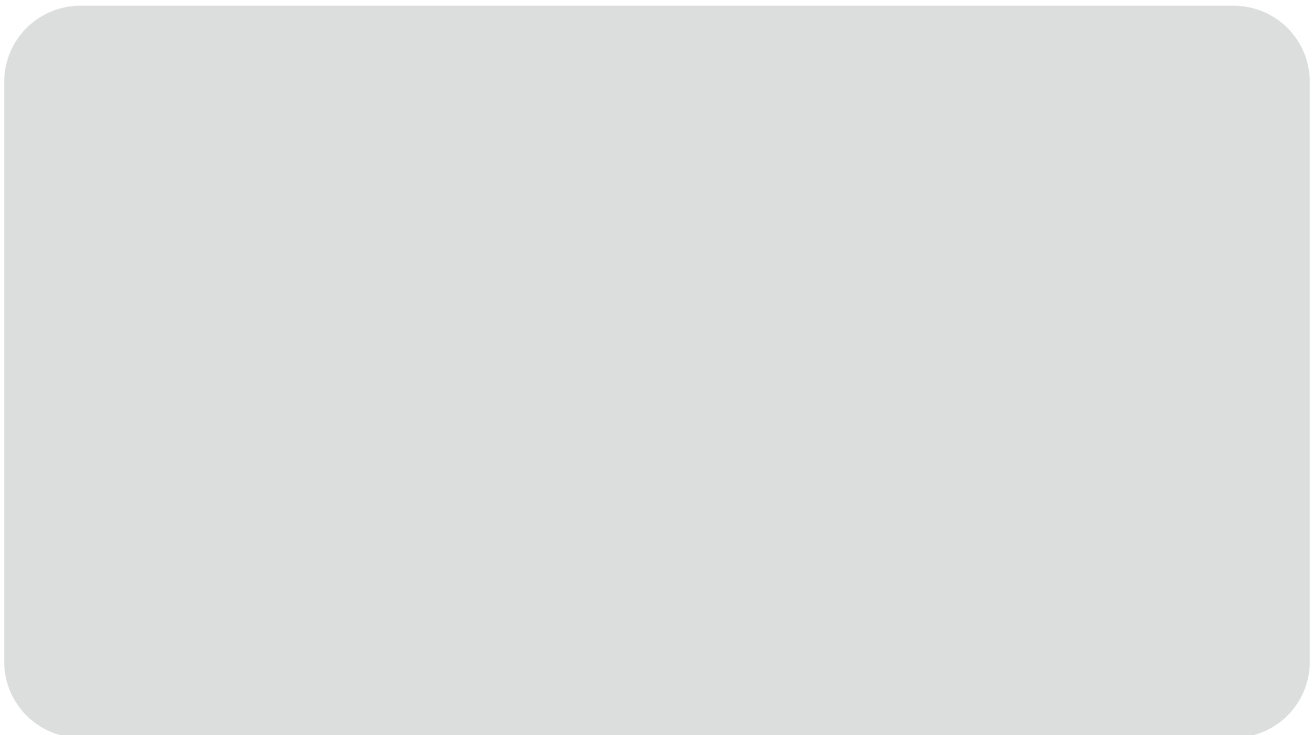
### Reflect:

- Where am I crying out for Jesus' mercy? How does His response to the blind men encourage me to persevere in seeking Him?
- How can I invite the Holy Spirit to deepen my faith that Jesus truly hears, touches and heals what feels broken in me?

### Pray:

Pray for boldness to cry out to Jesus with your real needs and for faith to believe He is both able and willing to answer and heal.

### Journaling



# DAY 11

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## Mark 1:40-42 ESV

"A leper came to Jesus, saying, 'If You are willing, You can make me clean.' Jesus, moved with compassion, stretched out His hand and said, 'I am willing; be cleansed.' Immediately, the leprosy left him."

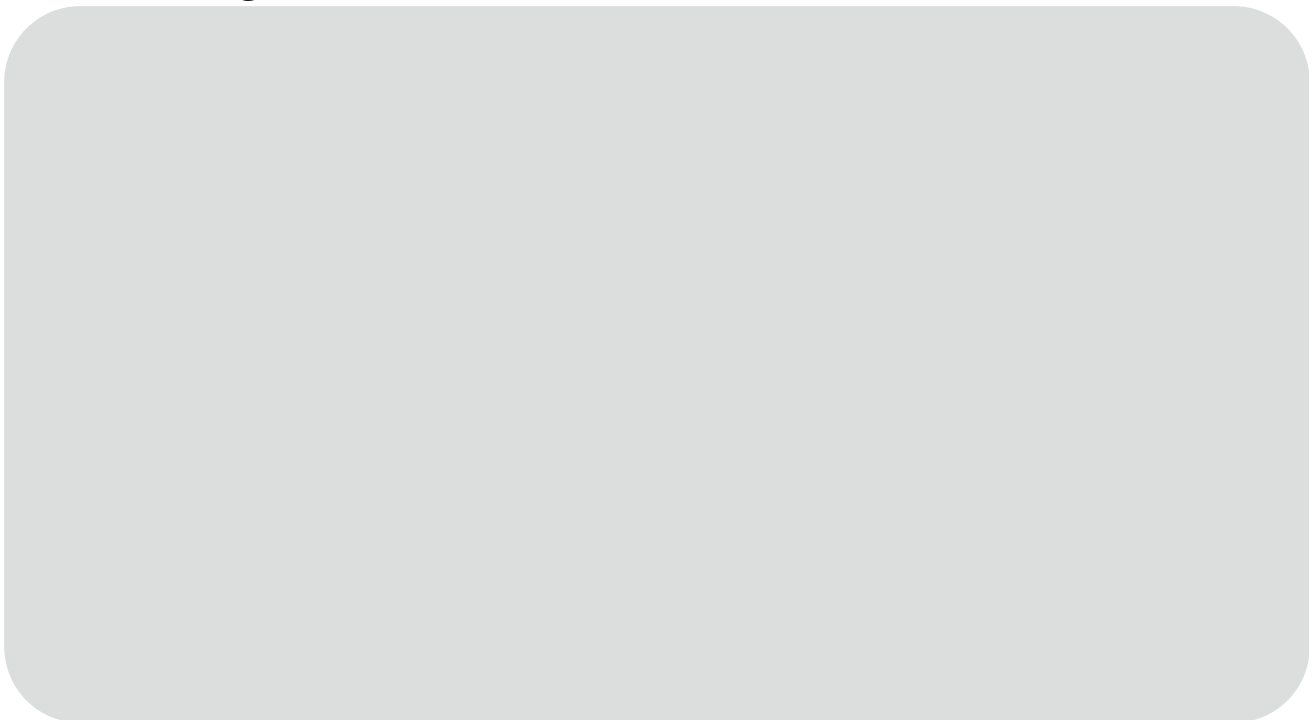
### Reflect:

- What places in my heart feel untouchable or unclean? How does Jesus' willingness to touch the leper speak to my need for healing?
- How does the Holy Spirit draw me to trust Jesus' readiness to meet me in my deepest vulnerabilities without shame or fear?

### Pray:

Pray for a personal encounter with Jesus' willingness to reach into your uncleanness - bringing healing and restoration with His touch.

### Journaling



# DAY 12

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## John 11:33, 35 ESV

"When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. Jesus wept."

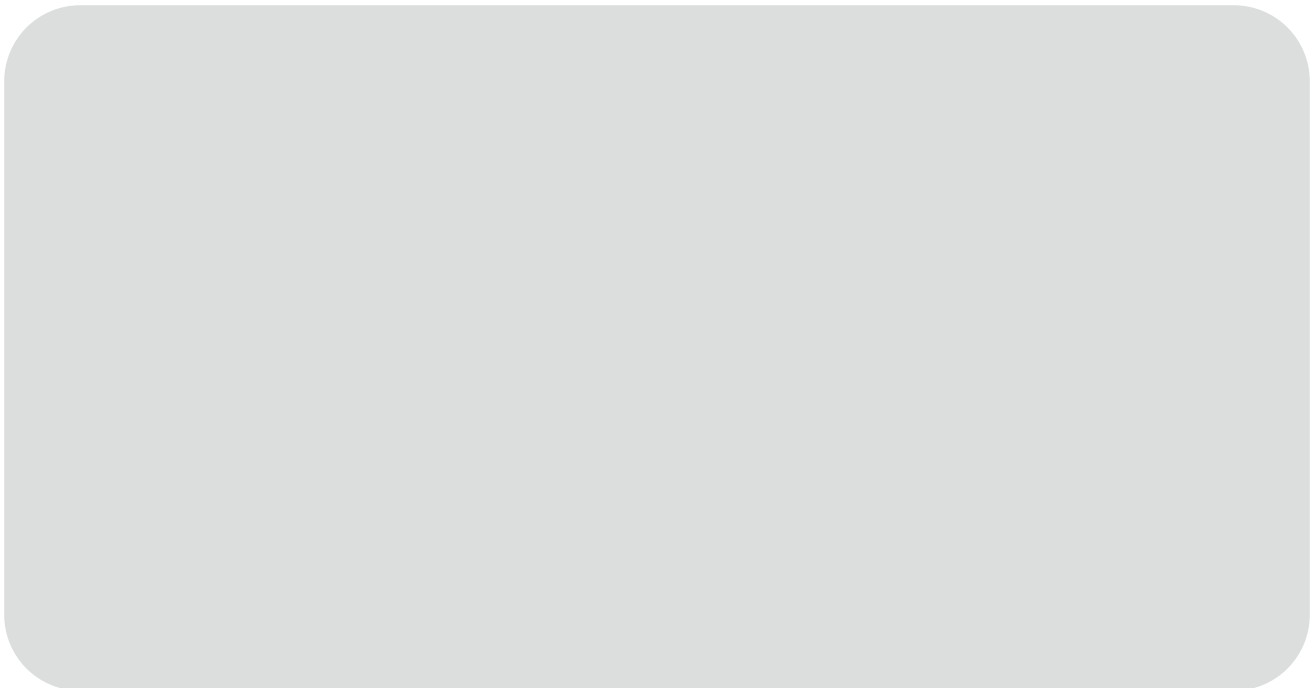
### Reflect:

- In moments of grief or pain, how do I experience Jesus' empathy and presence as He weeps with those who mourn?
- How might the Holy Spirit help me embrace vulnerability, letting Jesus' compassion and comfort transform my sorrow?

### Pray:

Pray to feel Jesus' empathy with your pain and to experience His comforting presence in sorrow. Ask the Spirit to help you extend that same comfort to others in grief.

### Journaling



# DAY 13

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## **Luke 13:10-17 ESV**

"On a Sabbath, Jesus saw a woman who had been crippled for eighteen years. He called her to Him, saying, 'Woman, you are freed from your disability.' And immediately she was healed."

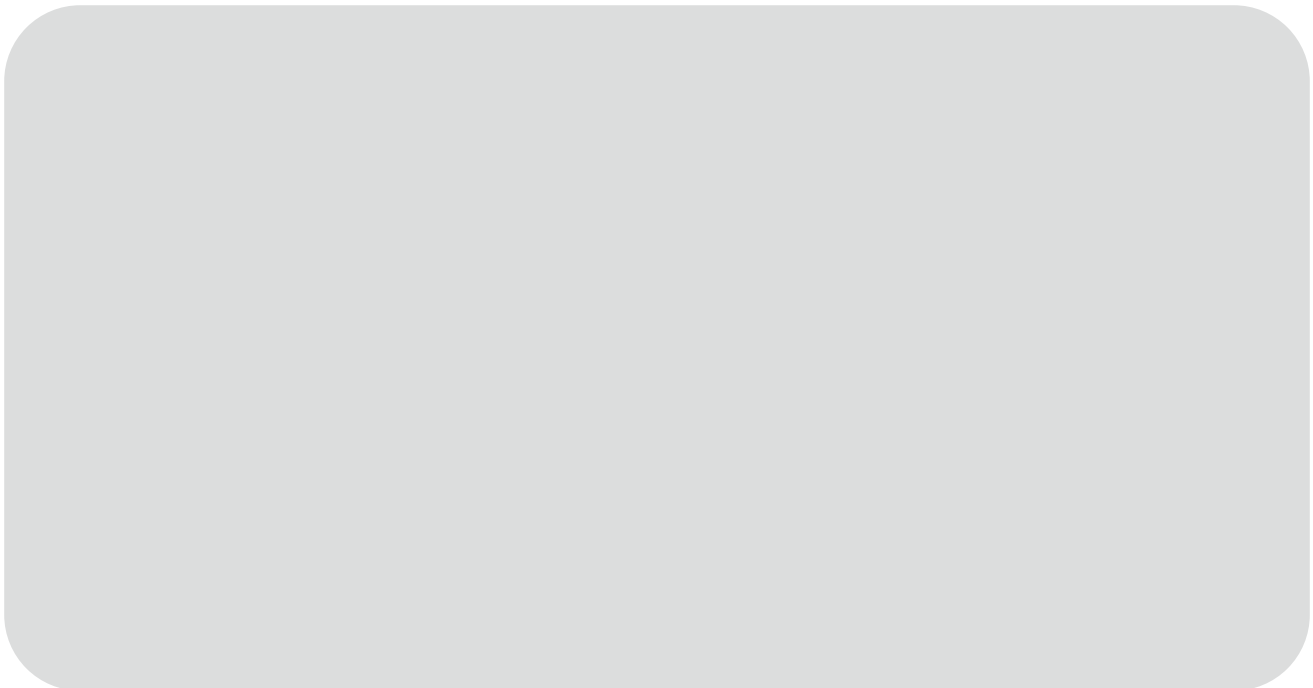
### **Reflect:**

- Where do I need Jesus' freedom and wholeness - in my body, mind or spirit - like the woman He healed on the Sabbath?
- How is the Holy Spirit inviting me to trust Jesus with places where I've been bound for a long time and to receive His restoration above all else?

### **Pray:**

Pray for freedom from anything that keeps you bound. Ask Jesus to bring wholeness to the deepest places in your life and give you grace to receive mercy over legalism.

### **Journaling**



# DAY 14

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## Matthew 18:27 ESV

"And out of pity for him, the master of that servant released him and forgave him the debt."

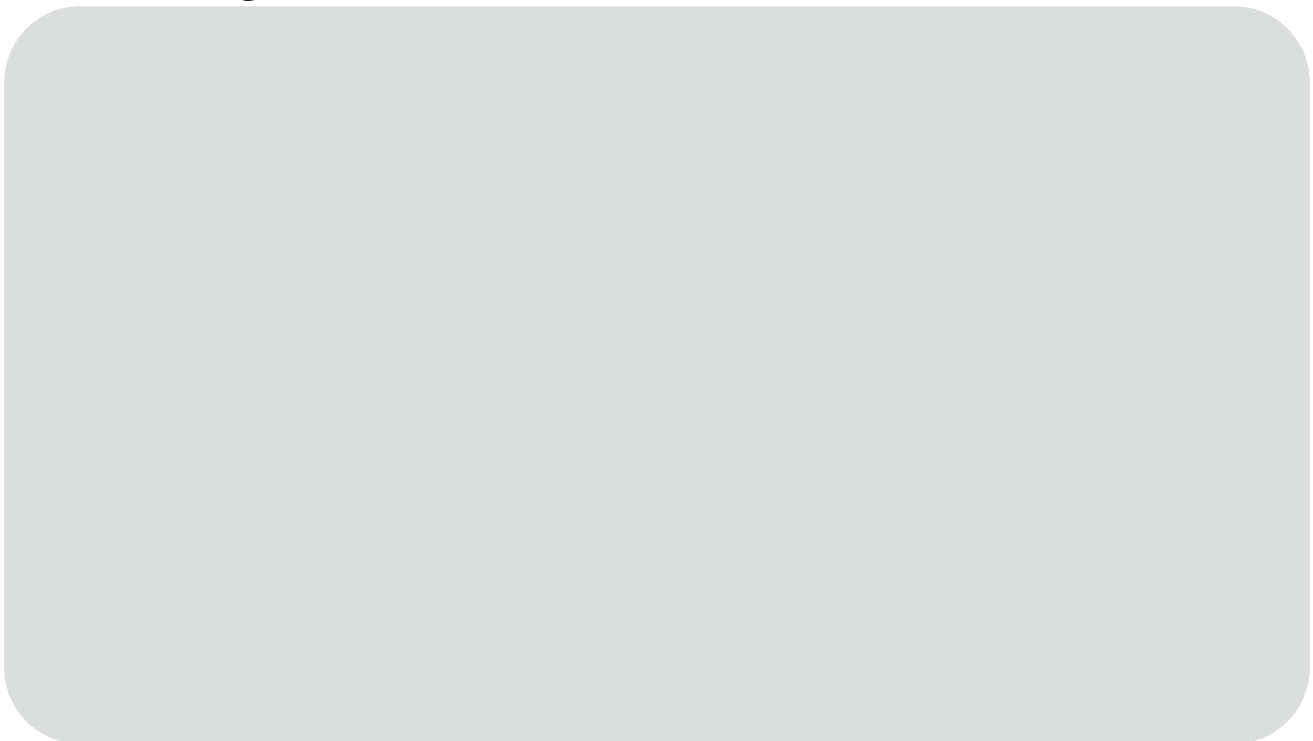
### Reflect:

- How does experiencing Jesus' mercy for my own debt influence my willingness to forgive others from the heart?
- In what relationships can I ask the Holy Spirit for help to extend the same compassion Jesus has shown me?

### Pray:

Pray for the power to both receive and extend forgiveness, letting Jesus' mercy shape your relationships and your responses to those who have wronged you. List those with whom you have had an offense.

### Journaling



# WEEK 3: HEARING AND RESPONDING TO JESUS

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The next seven days center on deepening intimacy with Jesus by learning to discern and respond to His voice.

Take your time each day reading, reflecting and listening. As you journal, ask God to deepen your intimacy with Jesus and sharpen your discernment in hearing His voice.



# DAY 15

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## John 10:27-28 ESV

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand."

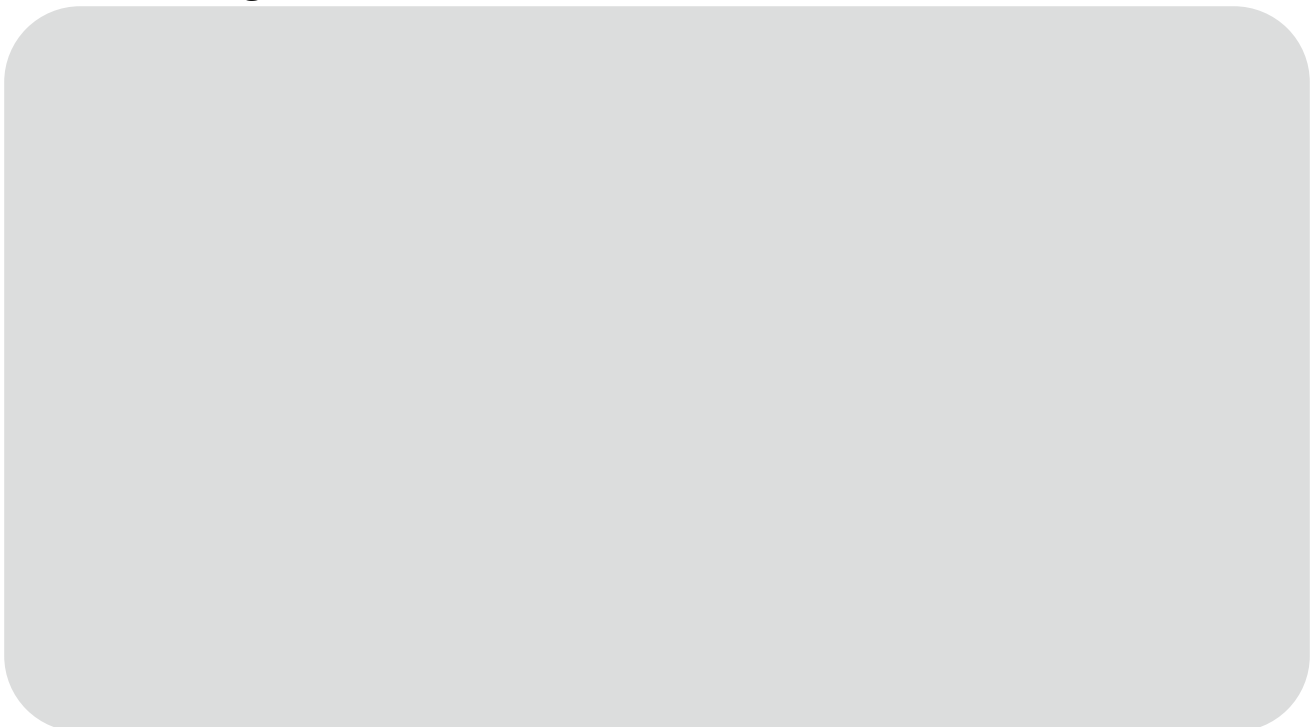
### Reflect:

- Amid life's noise, how am I intentionally making space to listen for Jesus' voice today?
- How can the Holy Spirit increase my confidence that I am known, safe and eternally secure in Jesus' care?

### Pray:

Pray for quietness of heart to hear Jesus' voice above all others and for assurance of His knowledge, care and everlasting security over your life.

### Journaling



# DAY 16

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## John 10:3-4 NIV

"The sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them and his sheep follow him because they know his voice."

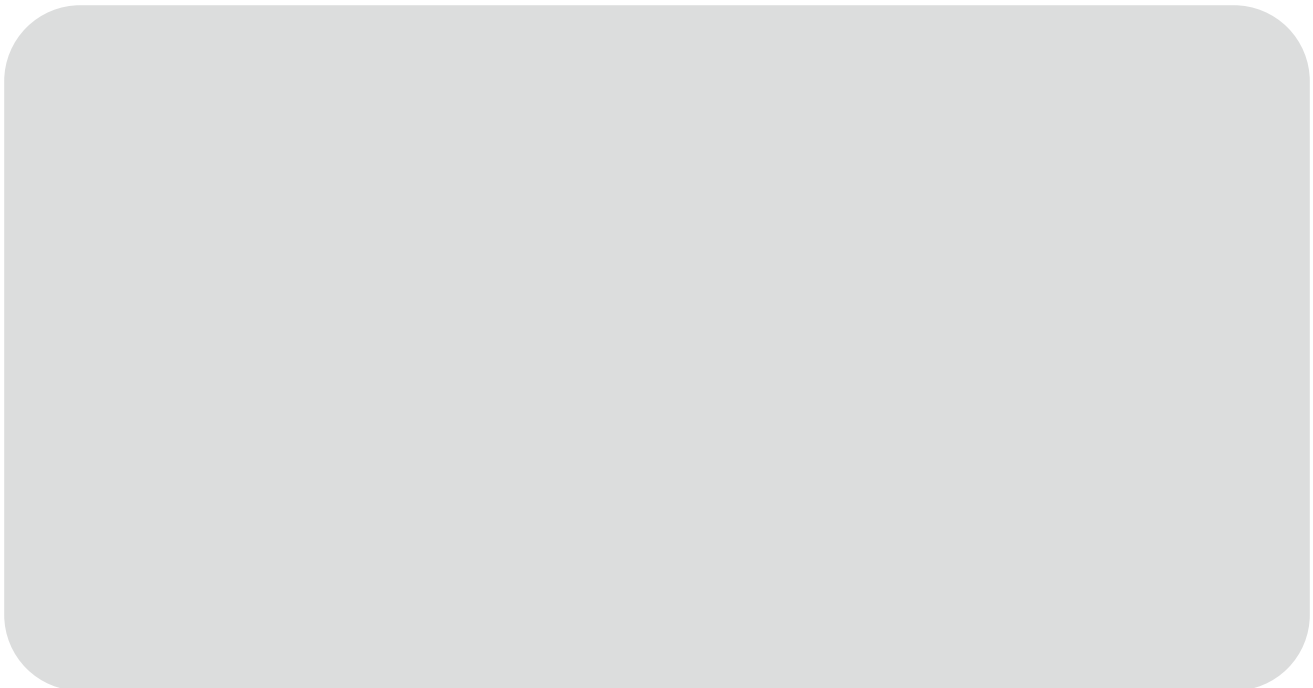
### Reflect:

- How do I recognize Jesus calling me by name? What reassurance does His guidance bring to my decisions right now? What is my practice of listening and journaling thoughts that emerge?
- In what practical ways can the Holy Spirit help me better follow and trust Jesus' unique leadership in my life?

### Pray:

Pray to clearly discern Jesus calling you by name and for faith to follow wherever He leads, especially through uncertainty.

### Journaling





# DAY 17

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## 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."

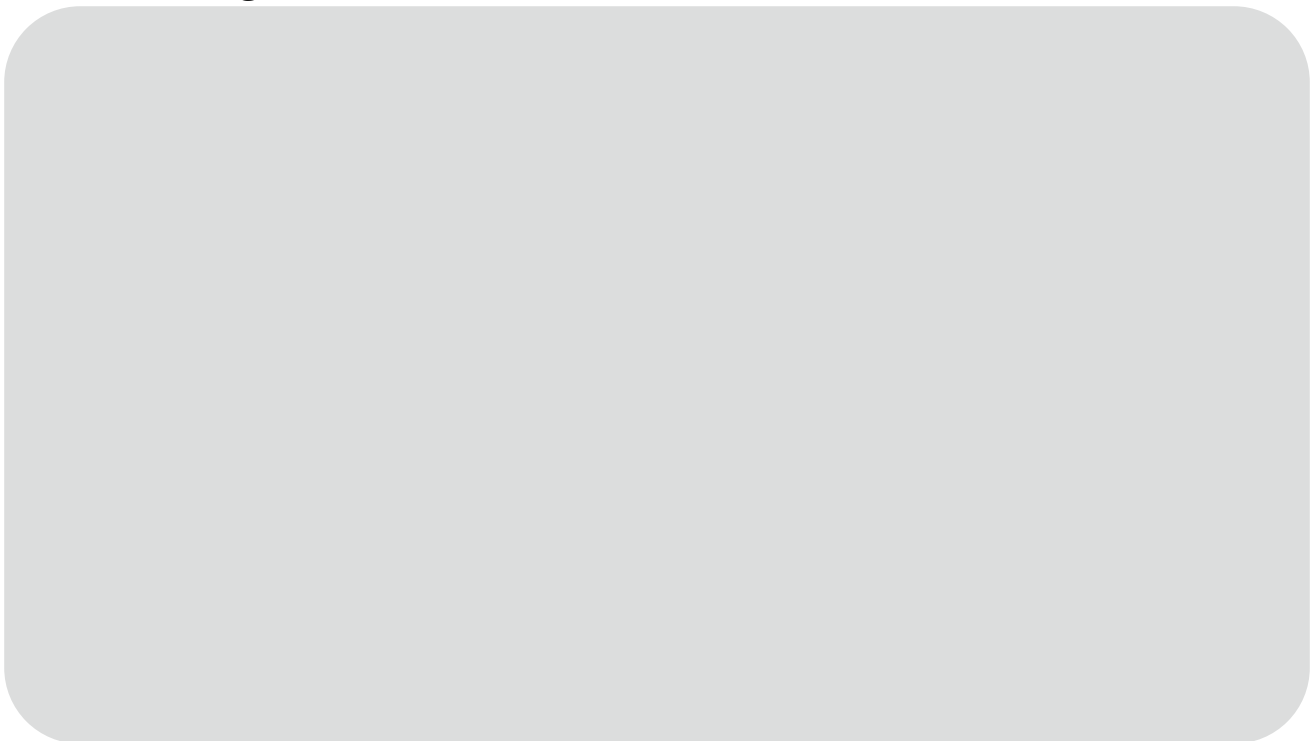
### Reflect:

- Where do I feel confused or forgetful of Jesus' promises? How can I ask the Holy Spirit to bring those words alive for me today?
- How might I make my heart more teachable so the Holy Spirit continues to reveal the depth and beauty of all Jesus has said?

### Pray:

Pray for the Holy Spirit to awaken your memory and understanding of all Jesus has said, bringing His word alive within you today.

### Journaling



# DAY 18

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## Revelation 3:20 NIV

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person and they with me."

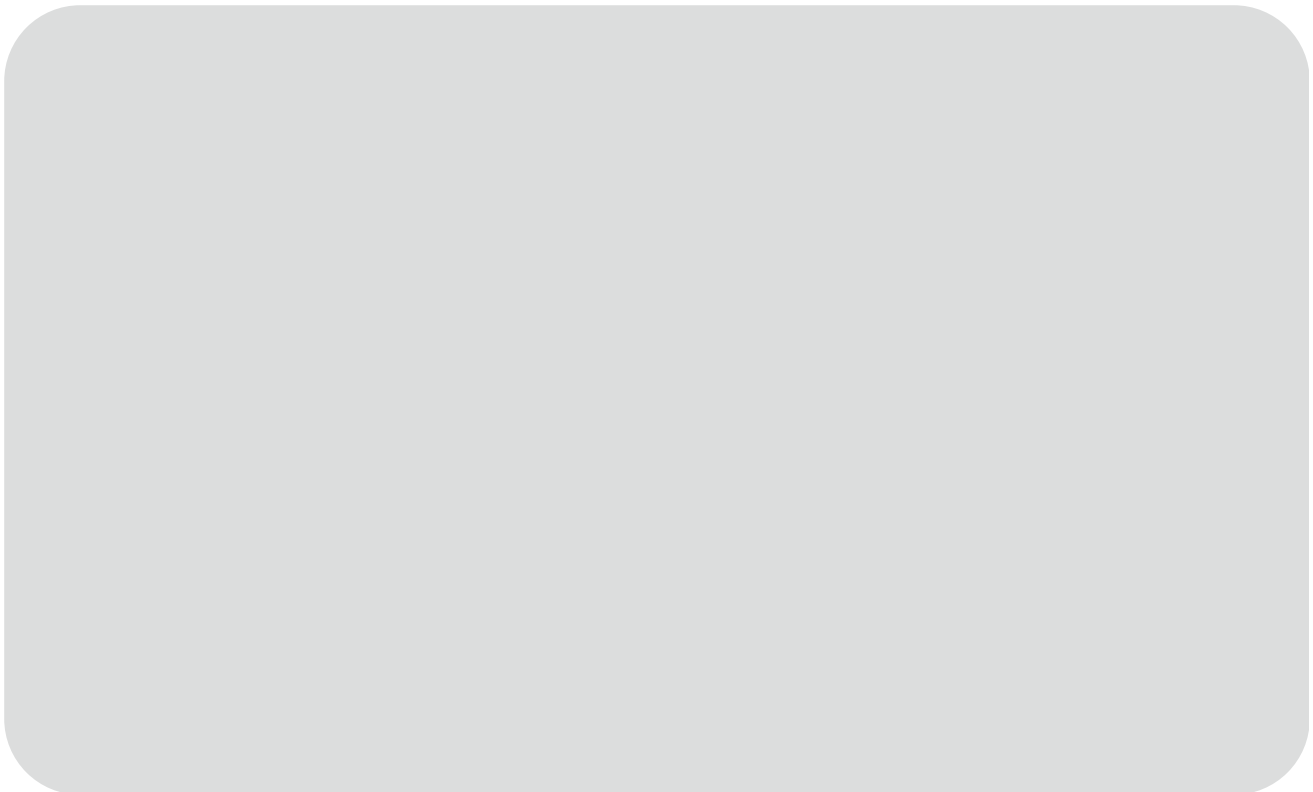
### Reflect:

- What areas of my heart still feel closed off to Jesus? How is He inviting me to open those rooms to His loving presence?
- How might the Holy Spirit help me discern where Jesus is knocking so I can welcome a deeper fellowship with Him?

### Pray:

Pray to recognize every place where Jesus is knocking and for courage to open the door of your heart more fully to deeper fellowship and change.

### Journaling



# DAY 19

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## Isaiah 30:21 ESV

"And your ears shall hear a word behind you, saying, 'This is the way, walk in it,' when you turn to the right or when you turn to the left."

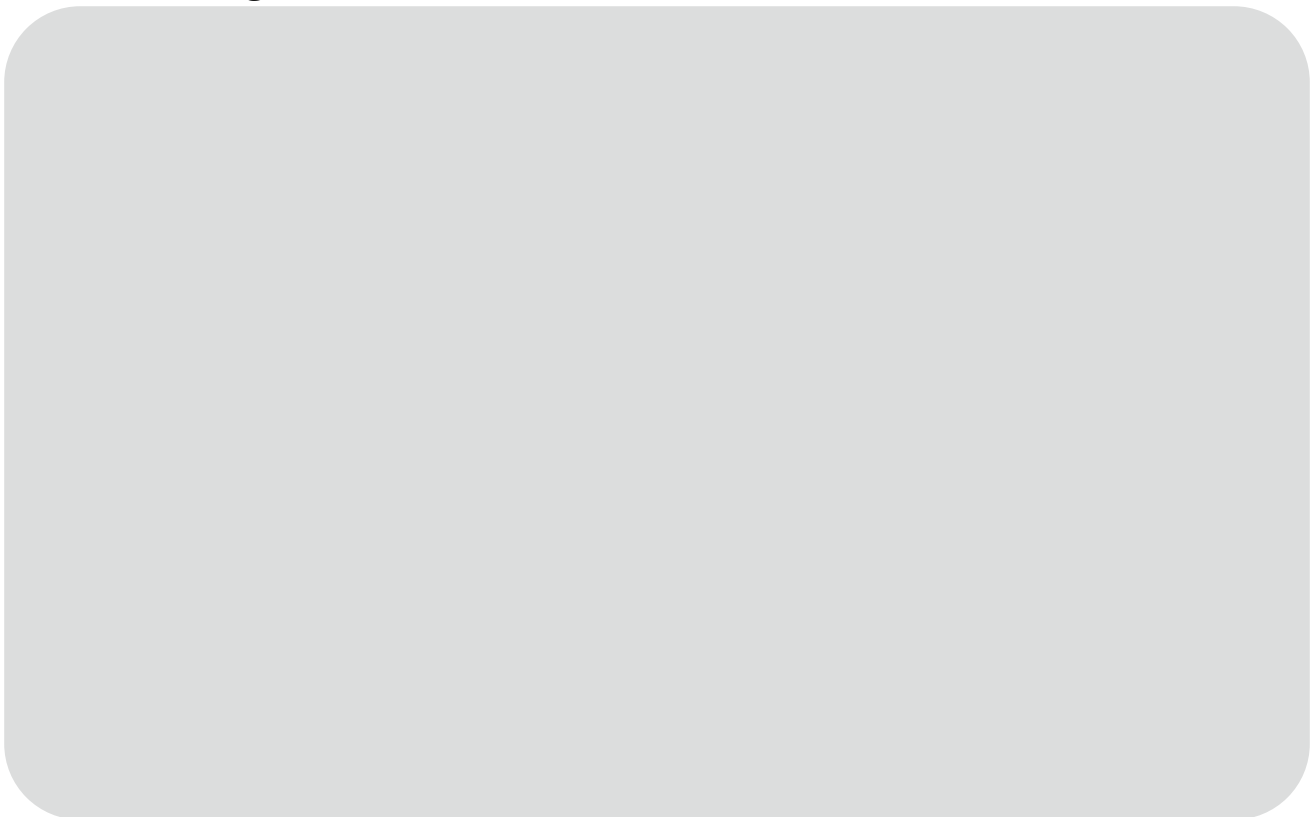
### Reflect:

- In what recent situations have I sensed gentle nudges or quiet direction from God? How did I respond?
- How can the Holy Spirit increase my sensitivity to God's guidance—even in the smallest daily choices? How do I obey those nudges?

### Pray:

Pray for sensitivity to the Spirit's promptings. Ask for help in discerning and quickly obeying God's leading in every decision.

### Journaling



# DAY 20

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## Psalm 85:8 NIV

"I will listen to what God the Lord says; He promises peace to His people, His faithful servants - but let them not turn to folly."

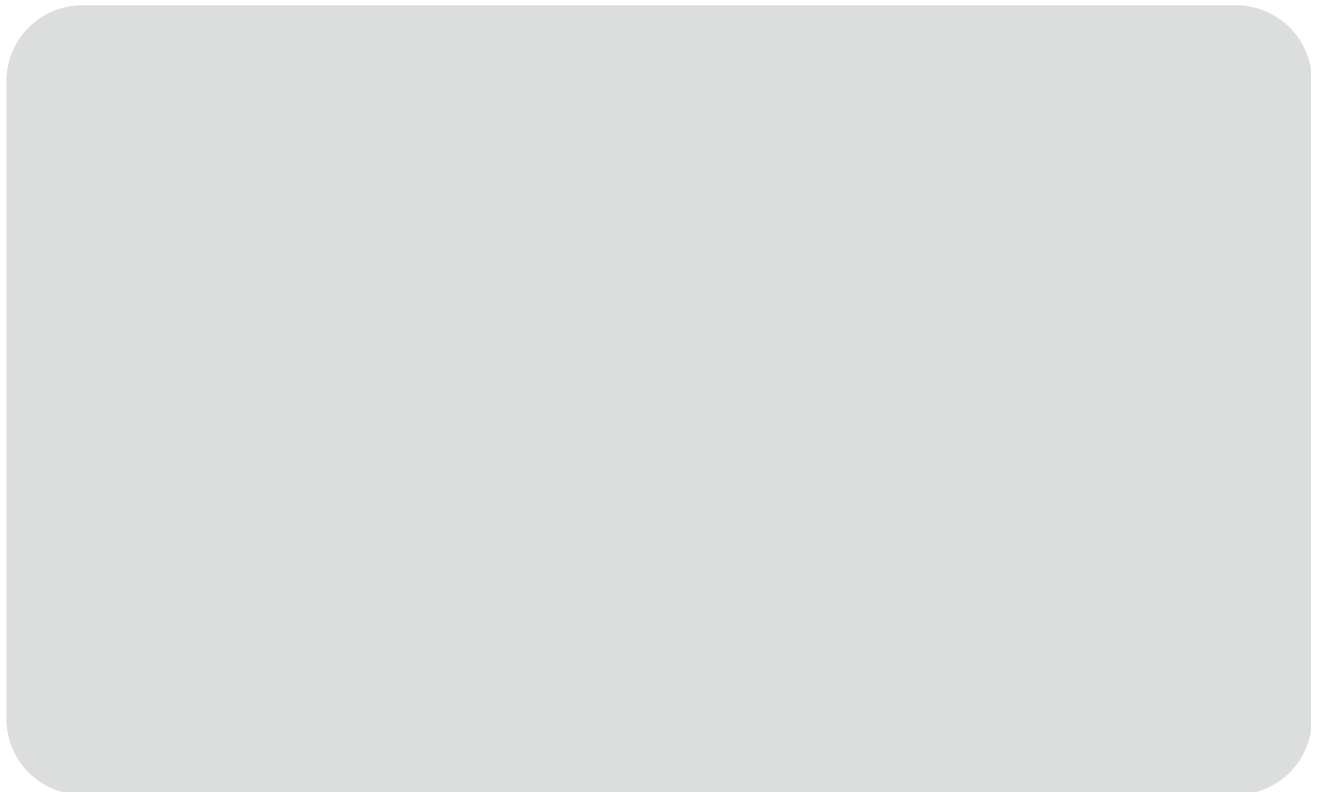
### Reflect:

- What patterns or distractions pull me away from truly listening to God and receiving His peace?
- How might surrendering those barriers to the Holy Spirit open me up to hear more clearly and live out of God's promise?

### Pray:

Pray for the removal of distractions and doubts so that you can hear God's voice with clarity and for His peace to guard your heart and mind.

### Journaling:



# DAY 21

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## **John 6:63 ESV**

"The Spirit gives life; the flesh counts for nothing. The words I have spoken to you - they are spirit and they are life."

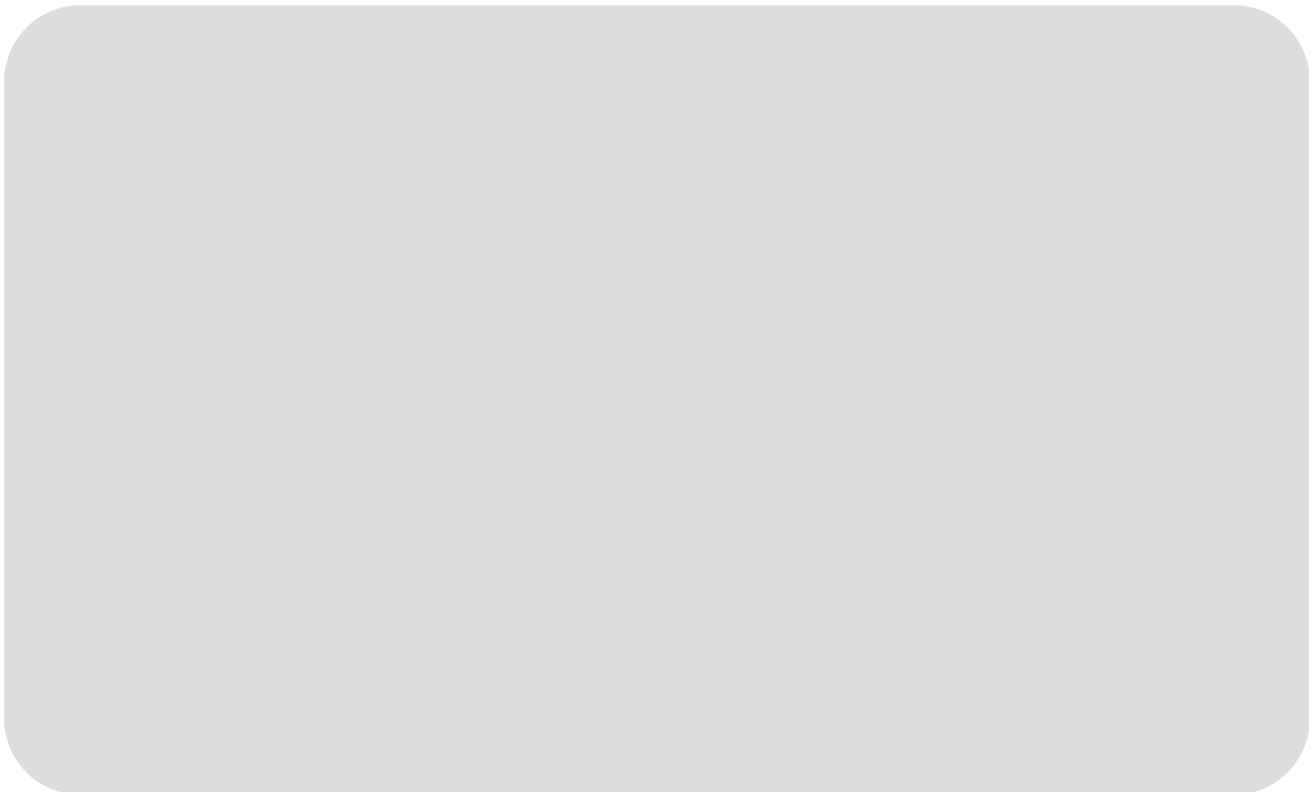
### **Reflect:**

- How am I welcoming the Spirit's life-giving words into places that feel dry or lifeless in my soul?
- In what ways is the Holy Spirit prompting me to experience Jesus' words as active, transforming power—rather than just ideas?

### **Pray:**

Pray to receive the Spirit's life and power, letting Jesus' words become the source of renewal and transformation deep within.

### **Journaling**



# WEEK 4: THE JUSTICE OF JESUS

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The fourth week of our guide centers on Jesus' deep identification with the poor, marginalized and foreigners, those often called "the least of these."

Each day features scripture, a reflection question to cultivate empathy and justice and journaling space to respond to God's heart calling us to love and defend those who are vulnerable.



# DAY 22

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## **Luke 4:18-19 ESV**

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor."

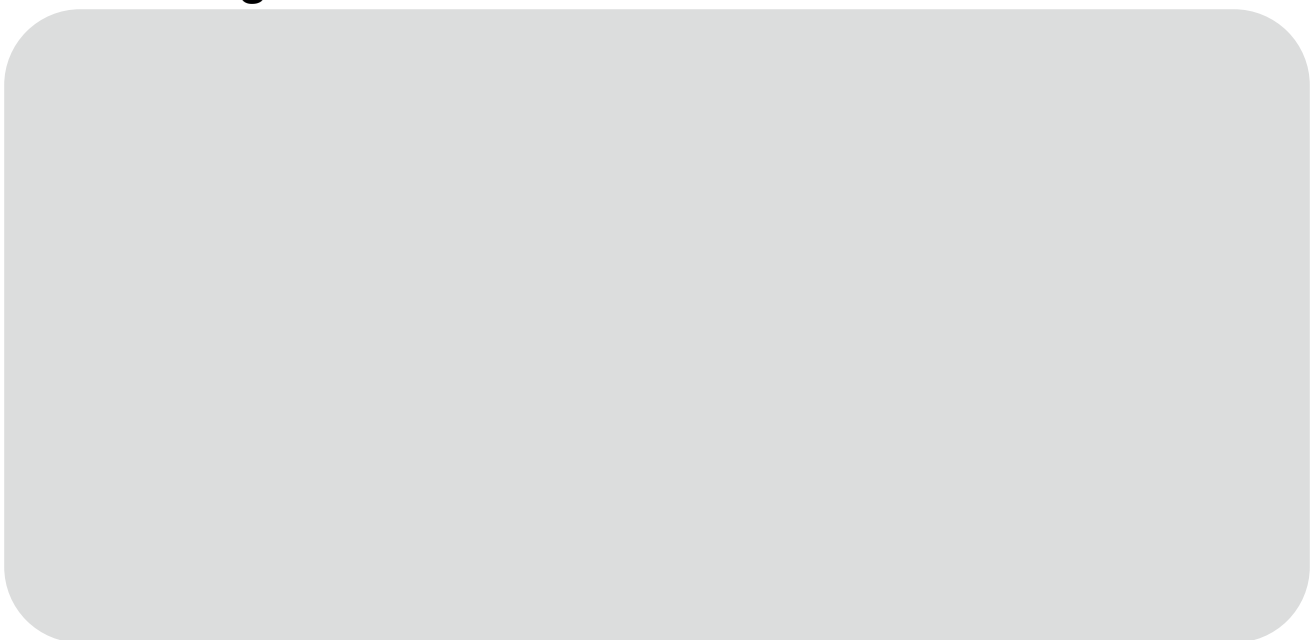
### **Reflect:**

- How does Jesus' heart for the marginalized reshape my view of those who are hurting around me?
- Where is the Holy Spirit calling me to tangibly demonstrate and proclaim freedom, healing or dignity in my attitudes and actions toward others?

### **Pray:**

Pray to align your heart and hands with Jesus' mission of liberation and hope, especially among those most oppressed and forgotten around you.

### **Journaling**



# DAY 23

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## Matthew 25:35-40 NIV

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ "The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

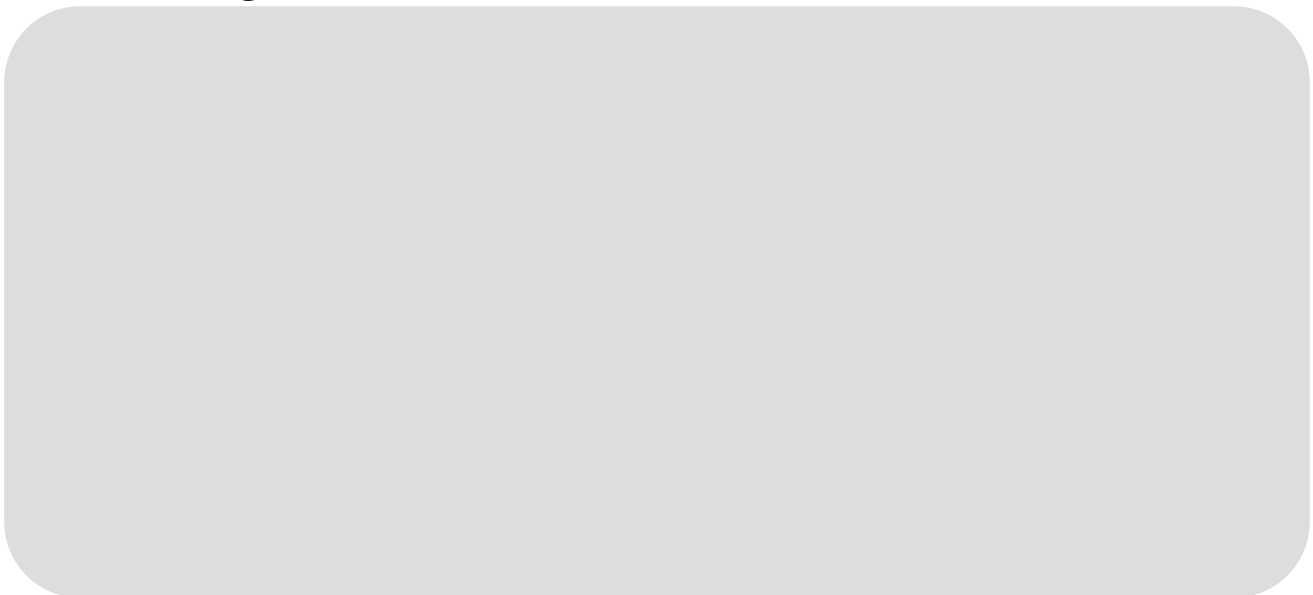
### Reflect:

- Where do I most naturally notice “the least of these,” and how am I recognizing Jesus in them?
- How can the Holy Spirit show me blind spots where I could more intentionally respond to needs with Jesus’ compassionate presence?

### Pray:

Pray for vision to see Jesus in every person - especially the needy or overlooked - and for a ready spirit to serve Him through loving action.

### Journaling





# DAY 24

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## Isaiah 61:1 NIV

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

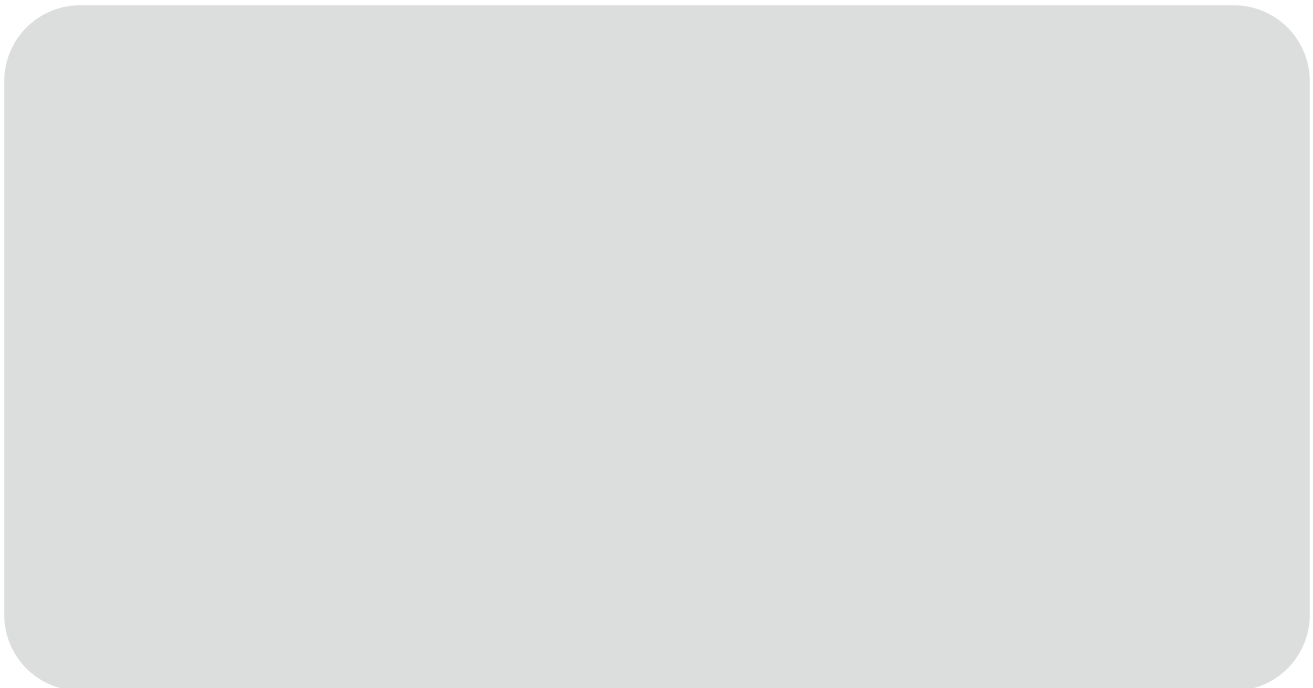
### Reflect:

- How does Jesus’ love for the brokenhearted and oppressed enter into my own wounds and experiences?
- What unique role might the Holy Spirit be giving me to “bind up,” encourage or bring freedom to the marginalized near me?

### Pray:

Pray for compassion that compels you to heal the brokenhearted and bring light to those in darkness- walking in step with Jesus’ mission.

### Journaling



# DAY 25

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## James 1:27 (ESV)

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

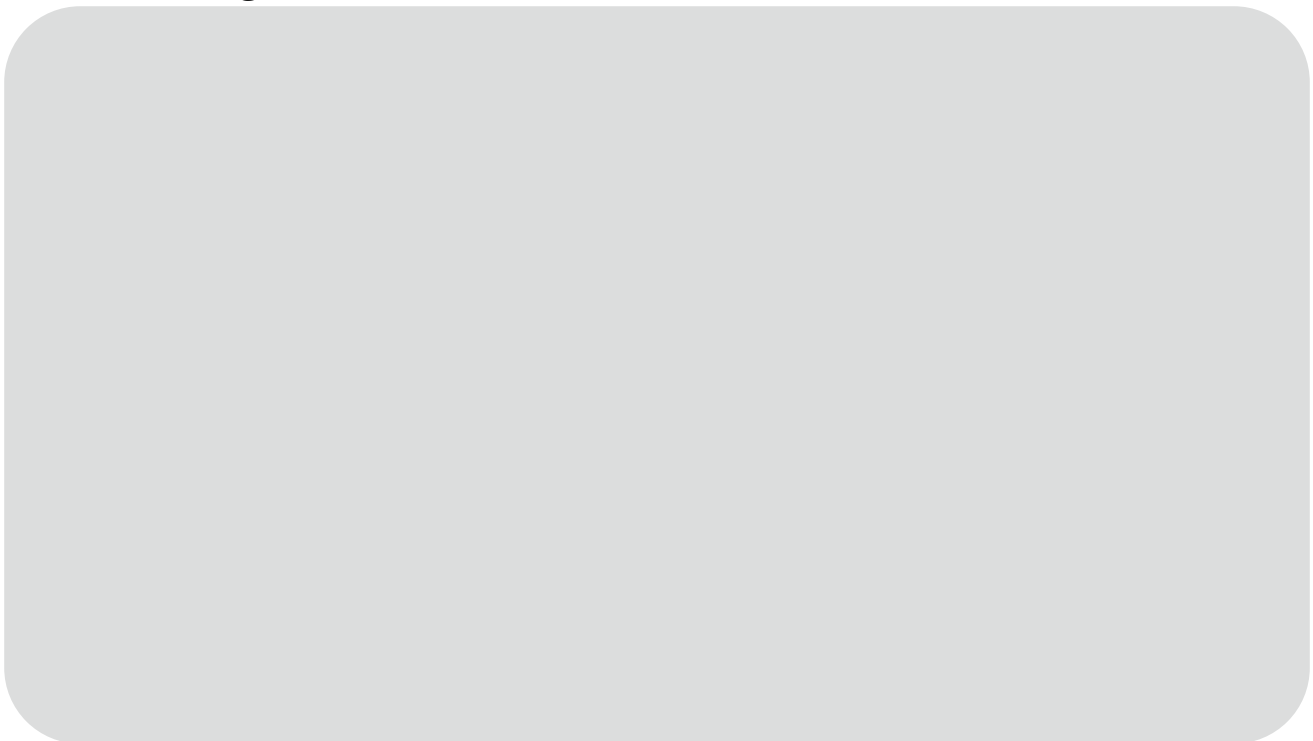
### Reflect:

- How might caring for the forgotten, vulnerable or foreigner reveal the authenticity of my faith to a watching world?
- What step is the Holy Spirit prompting me to take to live out “pure and faultless” faith in practical service?

### Pray:

Pray for a pure heart and practical faith that is expressed in caring for the vulnerable and living in holiness in a polluted world.

### Journaling



# DAY 26

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## Micah 6:8 NIV

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

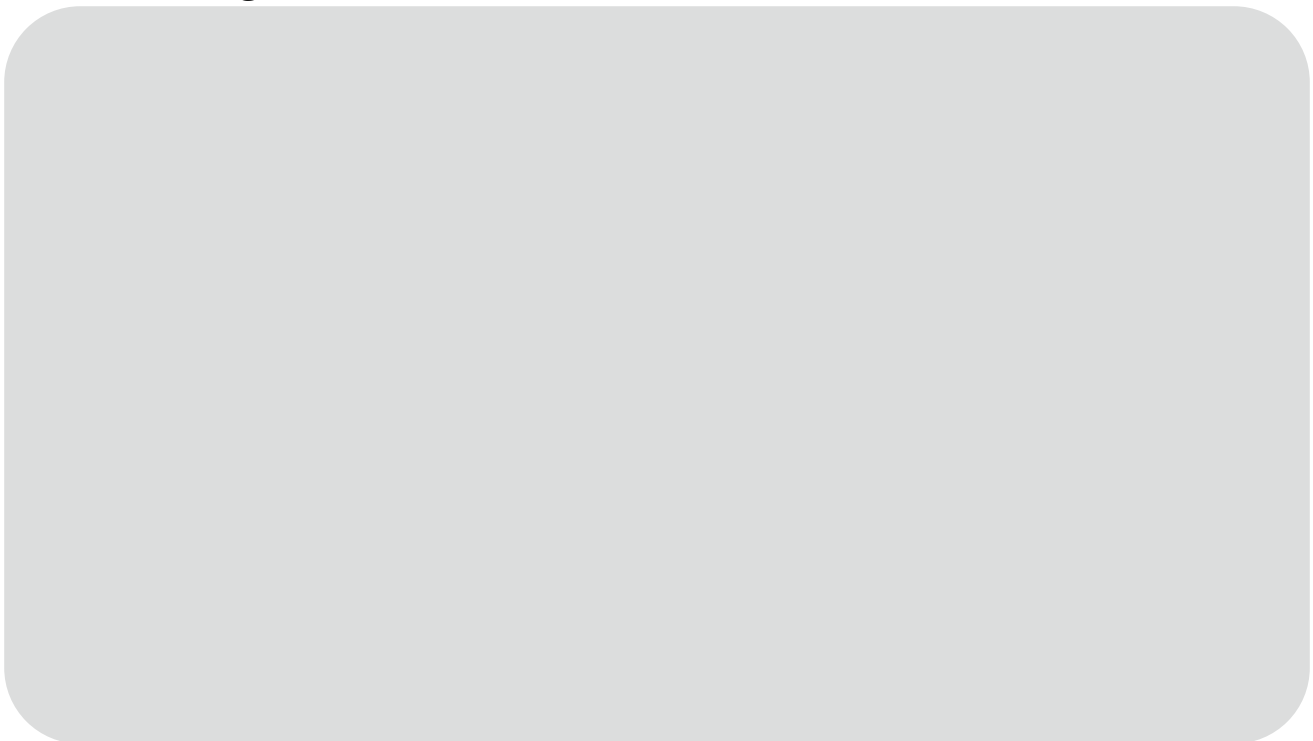
### Reflect:

- How do justice, mercy and humility interact in my attitudes toward people who are different or disadvantaged?
- How can the Holy Spirit shape my daily actions and inner posture so that I walk more fully in God’s way of justice and mercy?

### Pray:

Pray to walk in true justice, mercy and humility; asking God for grace to love others as He does and to live with a servant’s heart.

### Journaling



# DAY 27

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## Matthew 11:28-30 ESV

“Come to me, all who labor and are heavy laden and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

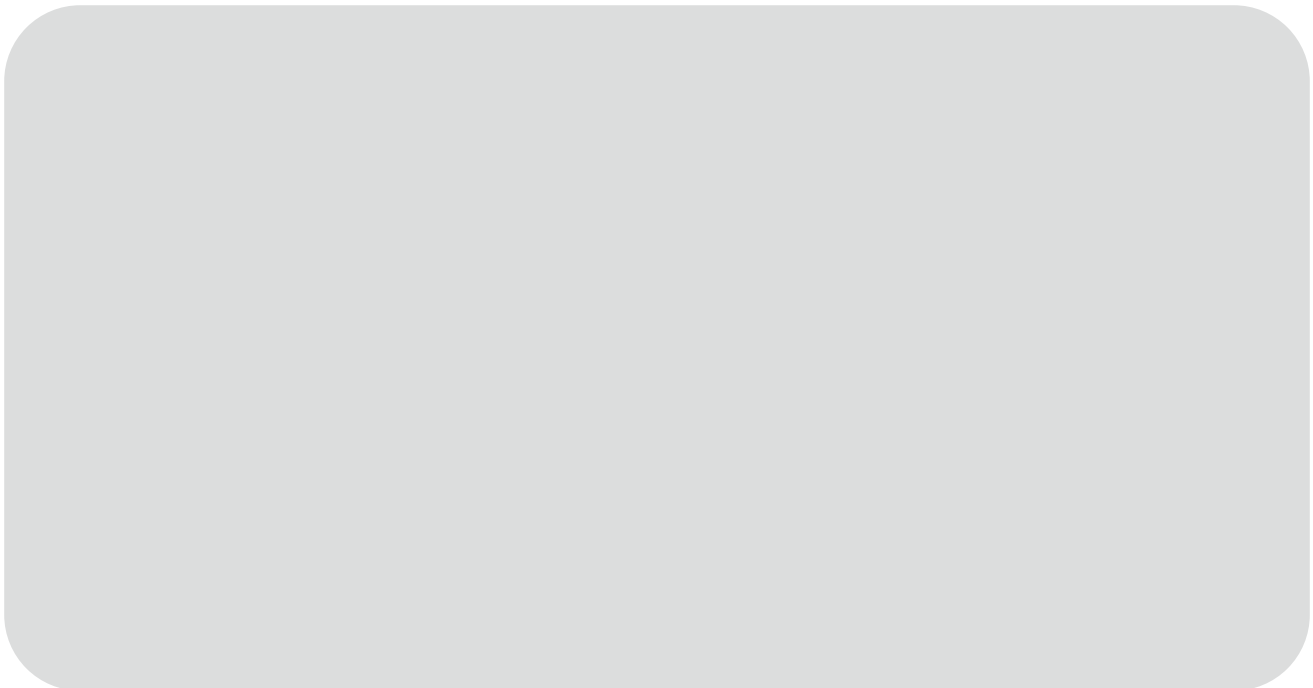
### Reflect:

- Where do I feel weary or burdened? How does Jesus’ invitation to rest speak dignity and compassion to those places?
- How can the Holy Spirit help me embrace a gentler pace, so that I can offer a restful presence to others who are struggling?

### Pray:

Pray for rest in Jesus. Lay down your burdens and receive His gentleness. Ask Him to help you be an agent of rest for others.

### Journaling



# DAY 28

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## Proverbs 31:8-9 ESV

“Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy.”

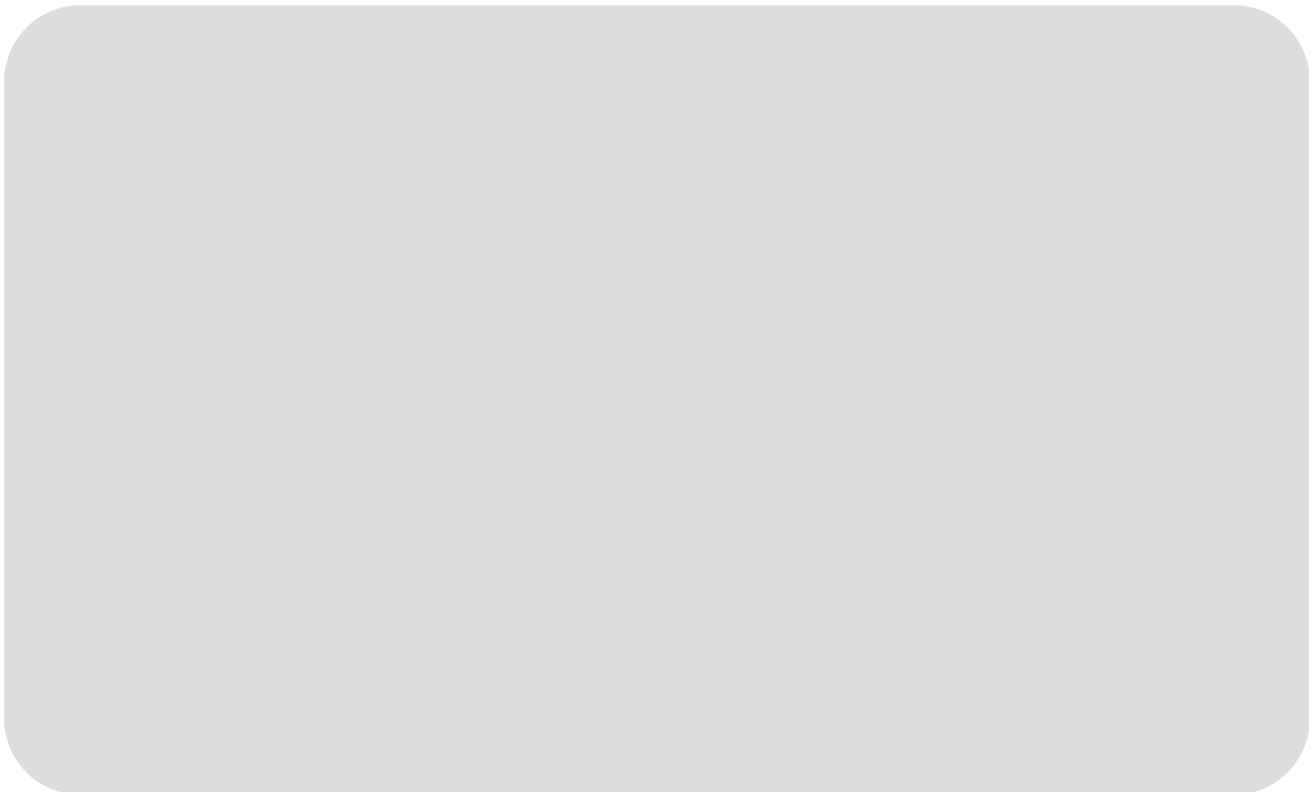
### Reflect:

- Who are the voiceless, poor or marginalized in my circles? How is Jesus nudging me to speak or act on their behalf?
- How might the Holy Spirit empower me to act courageously in advocacy for justice, moving beyond comfort or fear?

### Pray:

Pray for courage to speak up for those without a voice, for wisdom to defend the rights of the poor and for God’s justice to shape your actions.

### Journaling



# WEEK 5: OUR IDENTITY FOUND IN JESUS

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The next seven days focus on discovering and embracing our true identity in Jesus beginning with God's affirmation at Jesus' baptism and culminating in understanding who we are in God's family.

Spend time each day reflecting on these truths about your identity in Jesus. Let your journaling be a conversation with God as you internalize the reality of being His beloved daughter or son, chosen and cherished eternally.



# DAY 29

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## Matthew 3:16-17 ESV

“And when Jesus was baptized, immediately He went up from the water, and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and coming to rest on Him; and behold, a voice from heaven said, ‘This is my beloved Son, with whom I am well pleased.’”

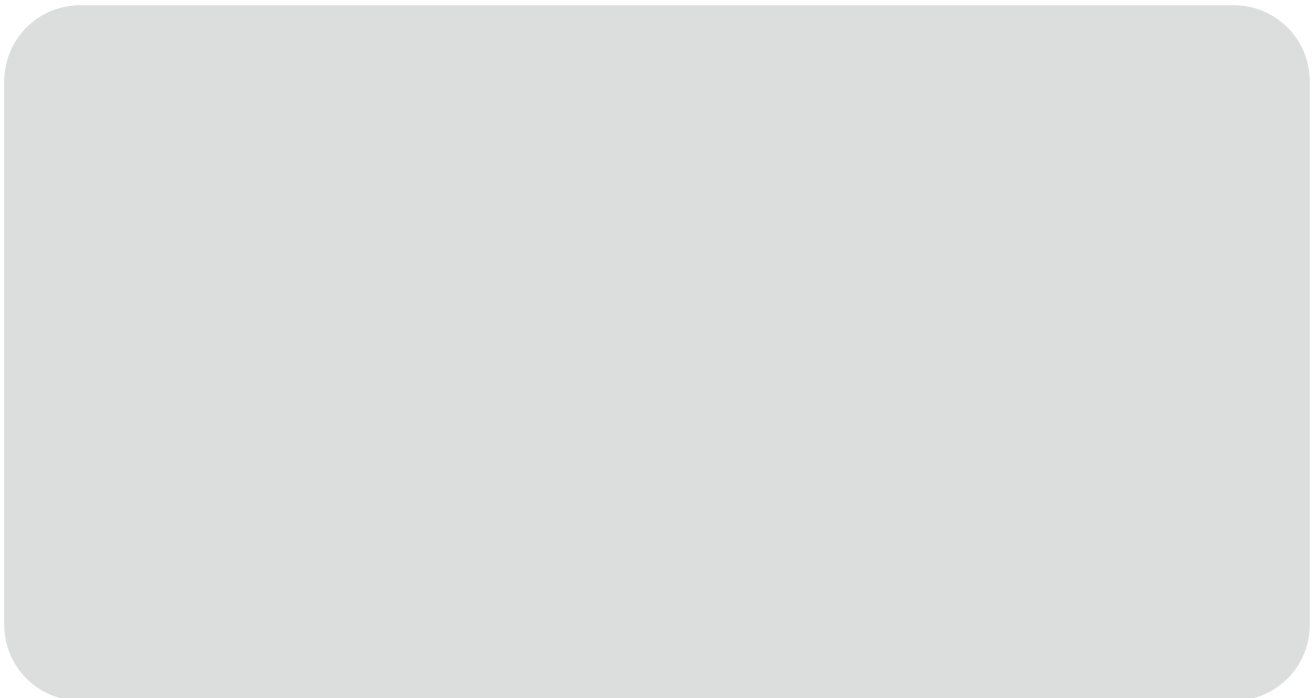
### Reflect:

- What does it mean to hear God’s affirmation over my life as “beloved” and “pleasing” in His sight?
- How is the Holy Spirit stirring me to root my identity in God’s delight, rather than in striving, comparison or approval-seeking?

### Pray:

Pray to know and believe that you are God’s beloved child and for the Spirit’s affirmation to root your identity in His delight above all else.

### Journaling



# DAY 30

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## 2 Corinthians 5:17 NIV

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

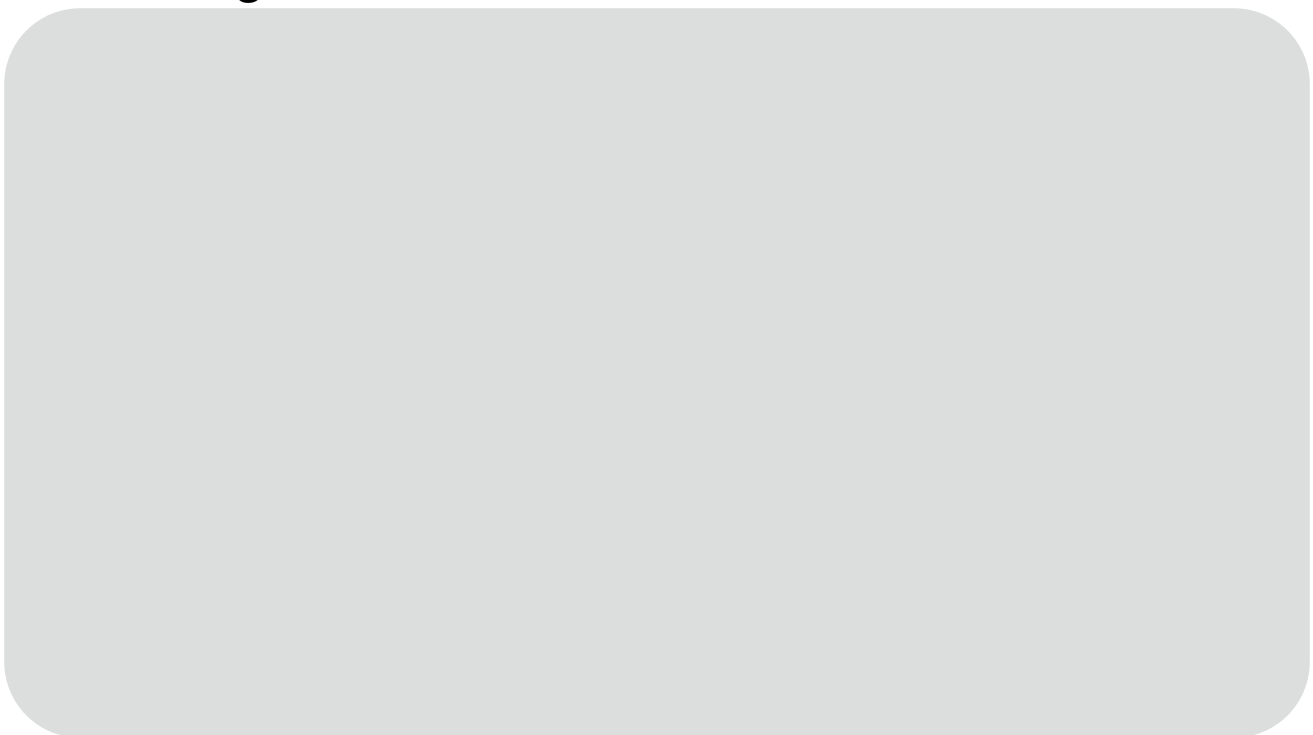
### Reflect:

- What old behaviors or identities is the Holy Spirit inviting me to surrender so I can fully embrace being a “new creation” in Christ?
- How does Jesus’ power to make “all things new” encourage me to hope for change where I feel stuck or defeated?

### Pray:

Pray for grace to let go of any old names, labels or self-talk and to embrace the new life and identity you have as God’s new creation - as His daughter or son!

### Journaling





# DAY 31

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## Galatians 3:26 ESV

“For in Christ Jesus you are all sons of God, through faith.”

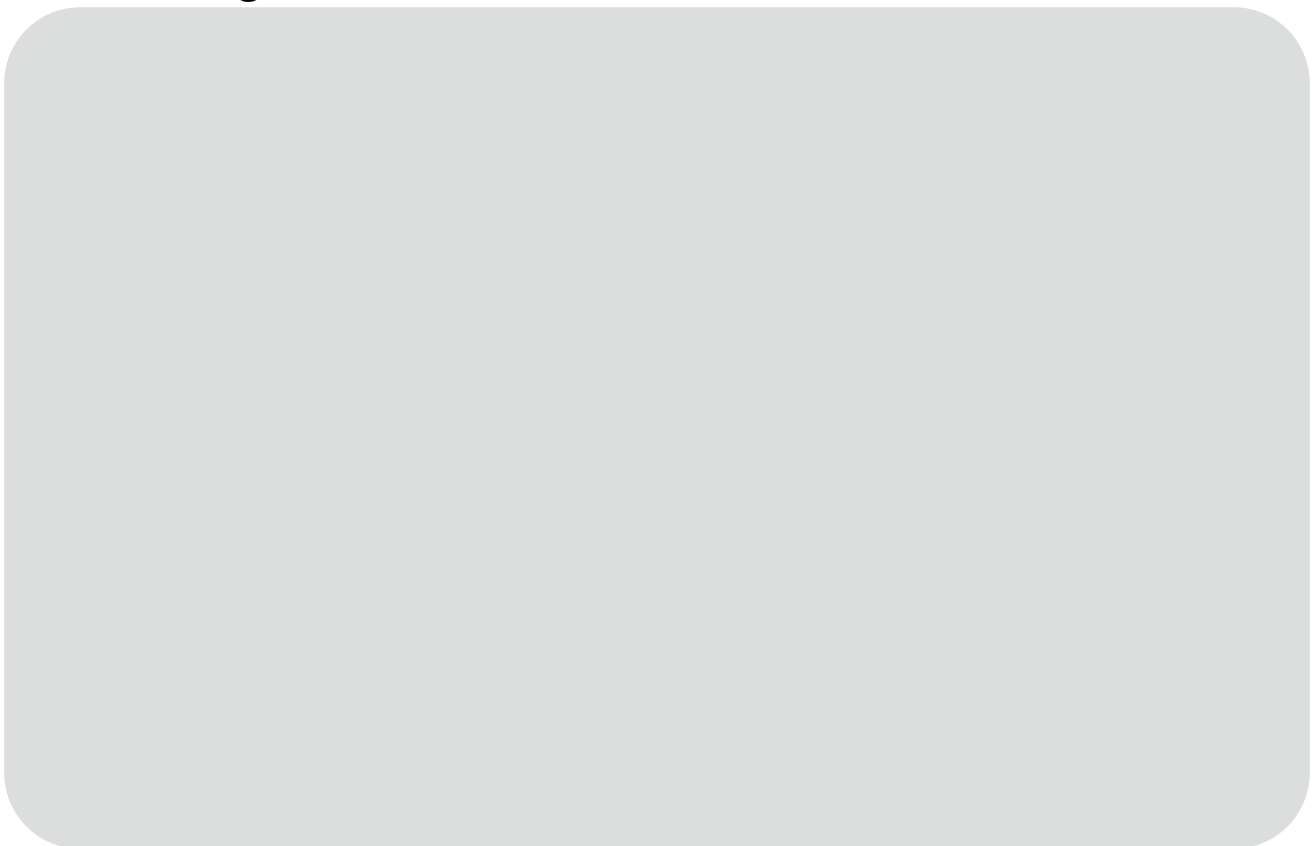
### Reflect:

- How is knowing I am God’s child challenging or transforming my patterns of self-doubt, shame or busyness?
- In what specific ways is the Holy Spirit calling me to live out my true identity with renewed boldness and joy?

### Pray:

Pray for a heart that lives boldly and joyfully as a beloved child of God, reflecting His love in your actions each day.

### Journaling



# DAY 32

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## **Romans 8:15-16 NIV**

“The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’ The Spirit himself testifies with our spirit that we are God’s children.”

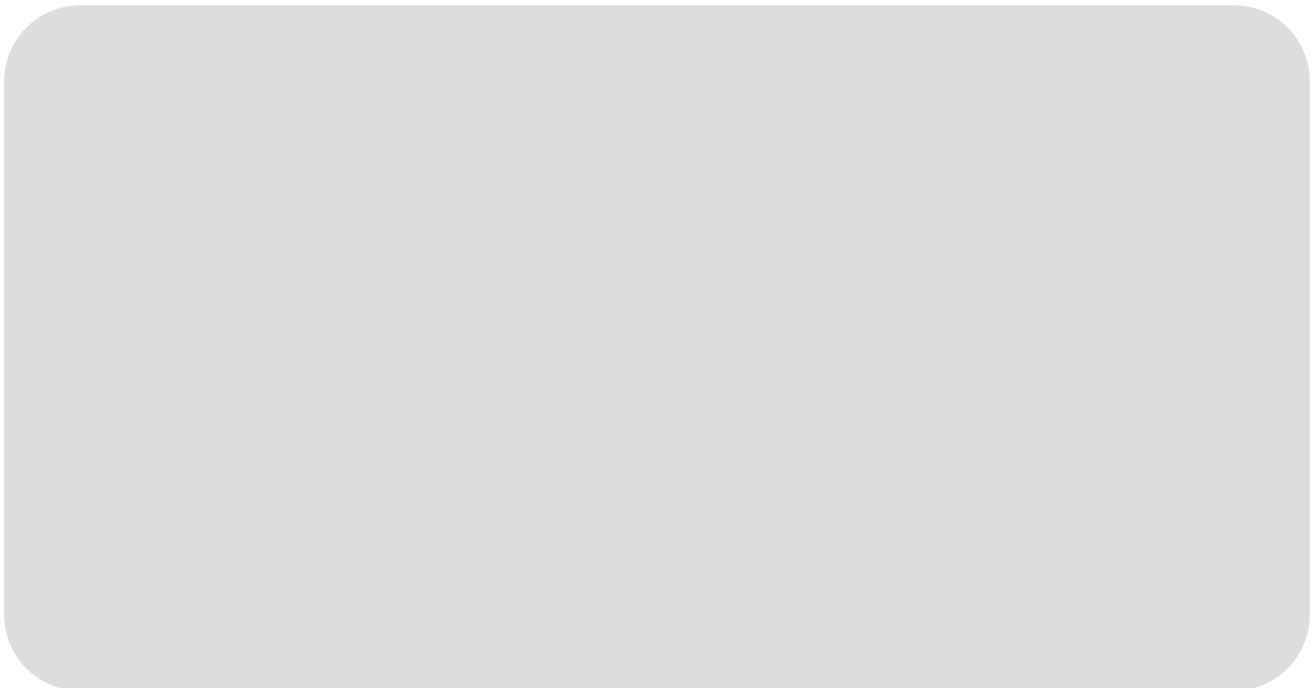
### **Reflect:**

- Where do I still relate to God as a distant master? How can I open myself to a more personal, trusting relationship as His adopted child?
- What would it look like for the Holy Spirit to free me from fear and lead me to deeper intimacy with my “Abba, Father”?

### **Pray:**

Pray for the Spirit to draw you close to God as Abba; replacing fear and distance with freedom, intimacy, and childlike trust.

### **Journaling**



# DAY 33

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## 1 John 3:1 ESV

“See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know Him.”

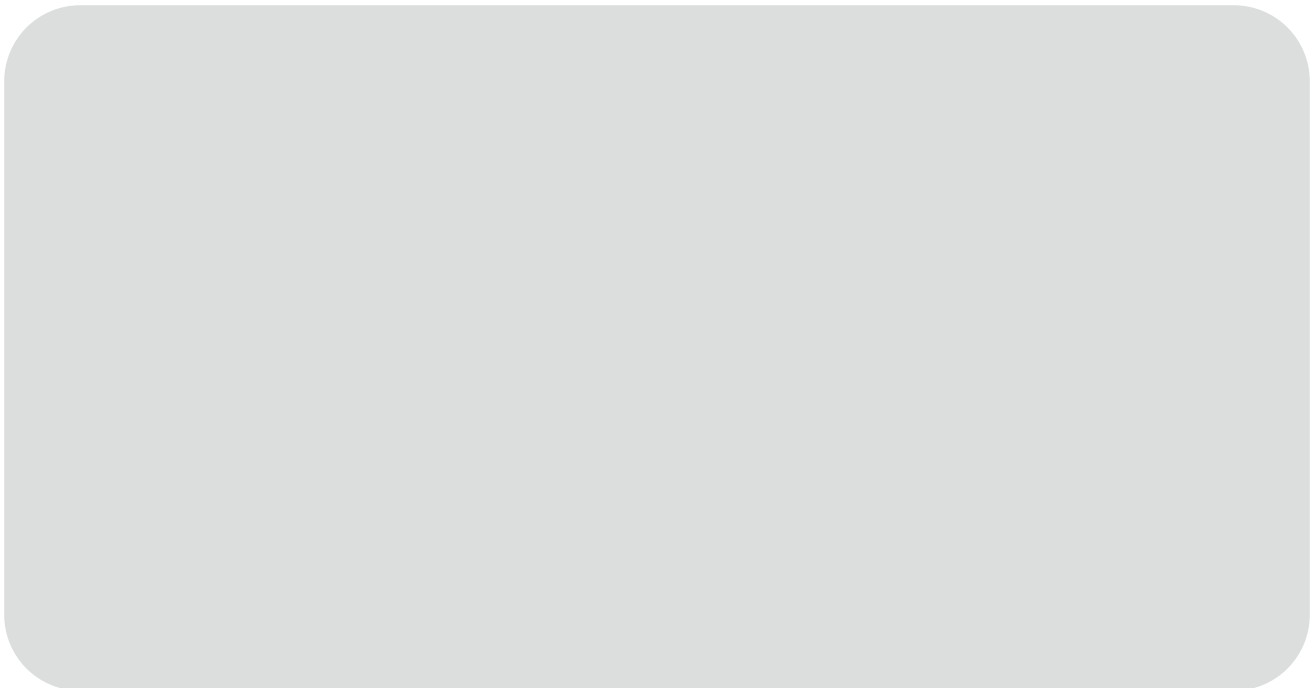
### Reflect:

- How does reflecting on the depth of God’s love for me as His child affect my self-worth and acceptance of others?
- Where might the Holy Spirit want to deepen my experience of living loved, especially amidst misunderstanding or rejection?

### Pray:

Pray to enter more deeply into the experience of God’s love, shaping your sense of self and transforming how you love others even in the face of rejection.

### Journaling



# DAY 34

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## **Ephesians 2:19 NIV**

“Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household.”

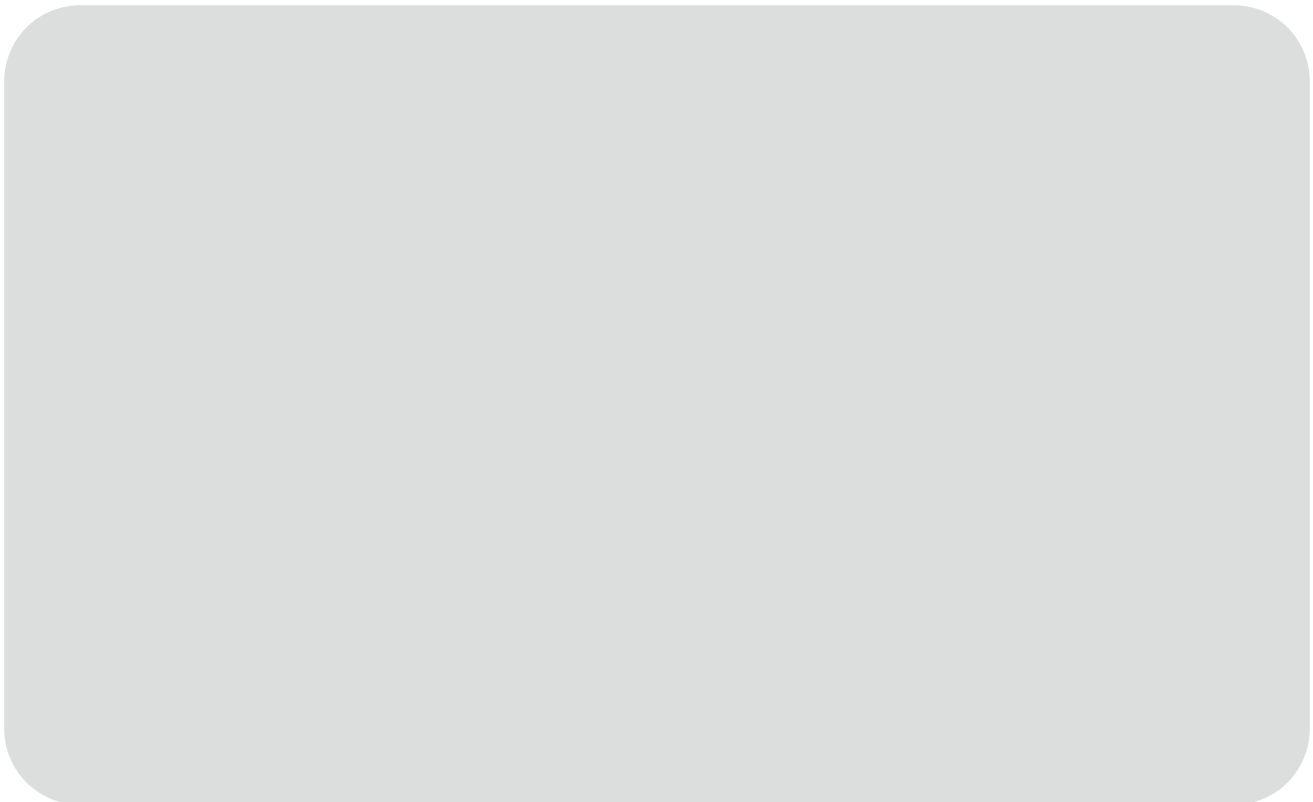
### **Reflect:**

- How does my belonging to God’s household shape my sense of home, purpose or inclusion even when I feel like an outsider?
- How might the Holy Spirit lead me to embrace my role as a member of God’s family in community and mission?

### **Pray:**

Pray to embrace your belonging in God’s household, finding your place, purpose and value in His family and welcoming others with open arms.

### **Journaling**



# DAY 35

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## John 1:12 ESV

“But to all who did receive Him, who believed in His name, He gave the right to become children of God.”

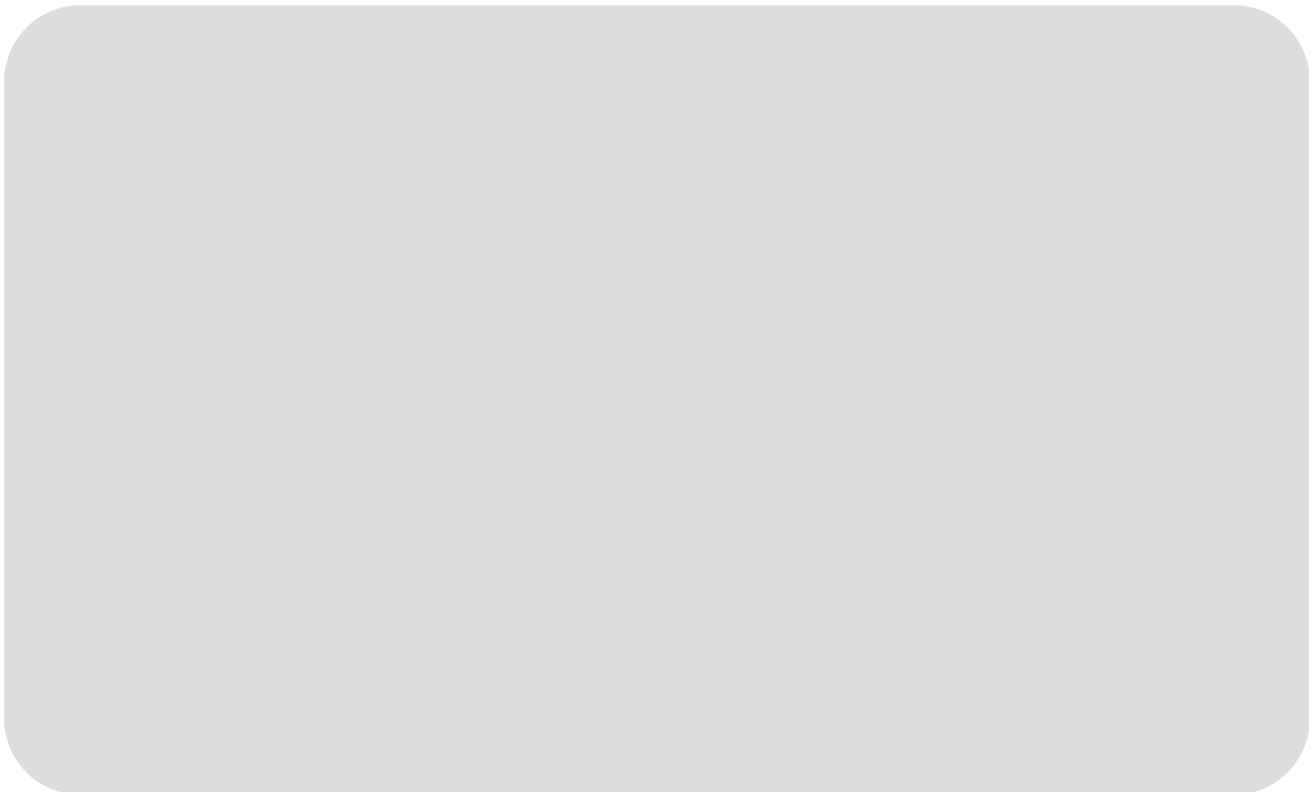
### Reflect:

- What does it mean to actively receive and listen to Jesus each day and walk in the authority He gives as God’s child?
- How is the Holy Spirit encouraging me to step into more confidence and freedom because I am secure in His family?

### Pray:

Pray to fully receive your right as a child of God and to live with confidence, freedom and joy in your true identity.

### Journaling



# FINAL FIVE DAY FASTING GUIDE

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## **Jesus as the Fulfillment of the Old Testament Sacrifices and the Covenant Meal**

The final five days explores how Jesus fulfills the Old Testament sacrificial system, prepares us to receive His presence in the Lord's Supper and reveals Himself as the Lamb who was slain.

Take time daily to meditate on how Jesus fulfills the Old Covenant sacrifices and invite His presence anew as you partake in the covenant meal. Let your journaling be a space to rediscover Jesus in a fresh, intimate way.

## **The Journey's End**

In these last five days ask the Holy Spirit to open your heart and mind to reflect upon the incredible, horrific and powerful act of love in the crucifixion of Jesus. Allow His voice to ring in your soul drawing you toward greater intimacy resulting in more regular conversation with God the Father. Then go back and examine: what particular days, journal entries or truths stood out as most significant?



# DAY 36

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## Hebrews 10:10-12 ESV

“And by that will we have been sanctified through the offering of the body of Jesus Christ once for all. But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God.”

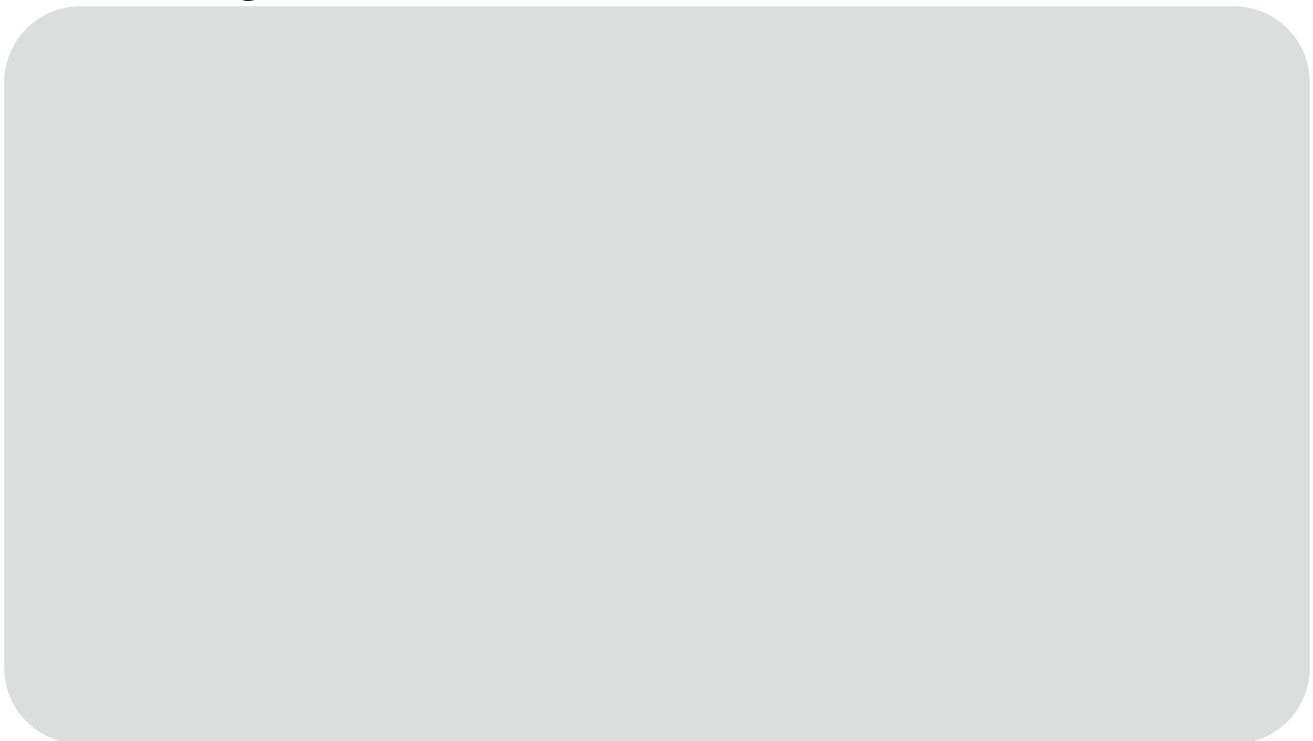
### Reflect:

- How does Jesus’ once-for-all sacrifice change the way I approach God’s presence and experience forgiveness?
- In what area of my life does the Holy Spirit want to apply the reality of complete cleansing and sanctification through Jesus?

### Pray:

Pray to rest in the completeness of Jesus’ sacrifice, receiving forgiveness, holiness and unhindered access to God’s presence.

### Journaling



# DAY 37

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## **Luke 22:19-20 NIV**

"And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you.'"

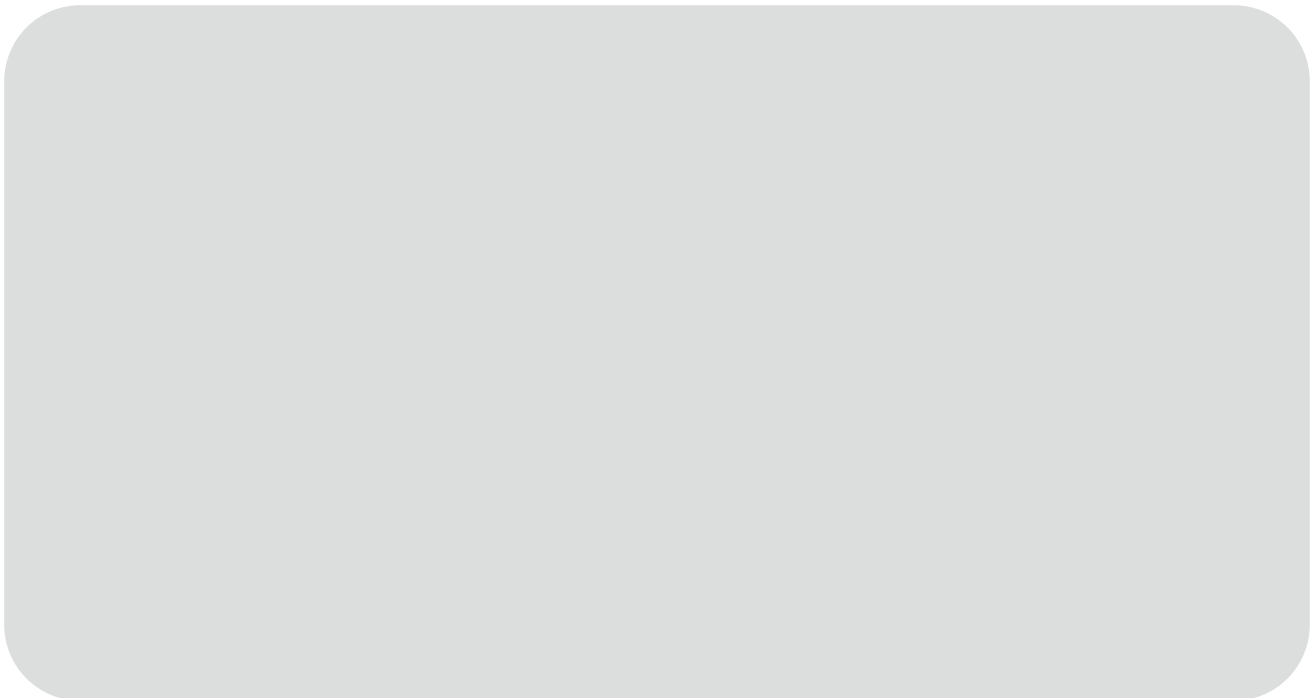
### **Reflect:**

- How does sharing in the Lord's Supper deepen my connection with Jesus and with fellow believers?
- What is the Holy Spirit inviting me to remember or enter into afresh as I participate in the new covenant meal?

### **Pray:**

Pray for a fresh encounter with Jesus through the Lord's Supper, savoring His presence and the power of the new covenant in your life.

### **Journaling**





# DAY 38

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## Revelation 5:6, 9 ESV

"And between the throne and the four living creatures and among the elders I saw a Lamb standing, as though it had been slain, having seven horns and seven eyes... And they sang a new song, saying: 'You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.'"

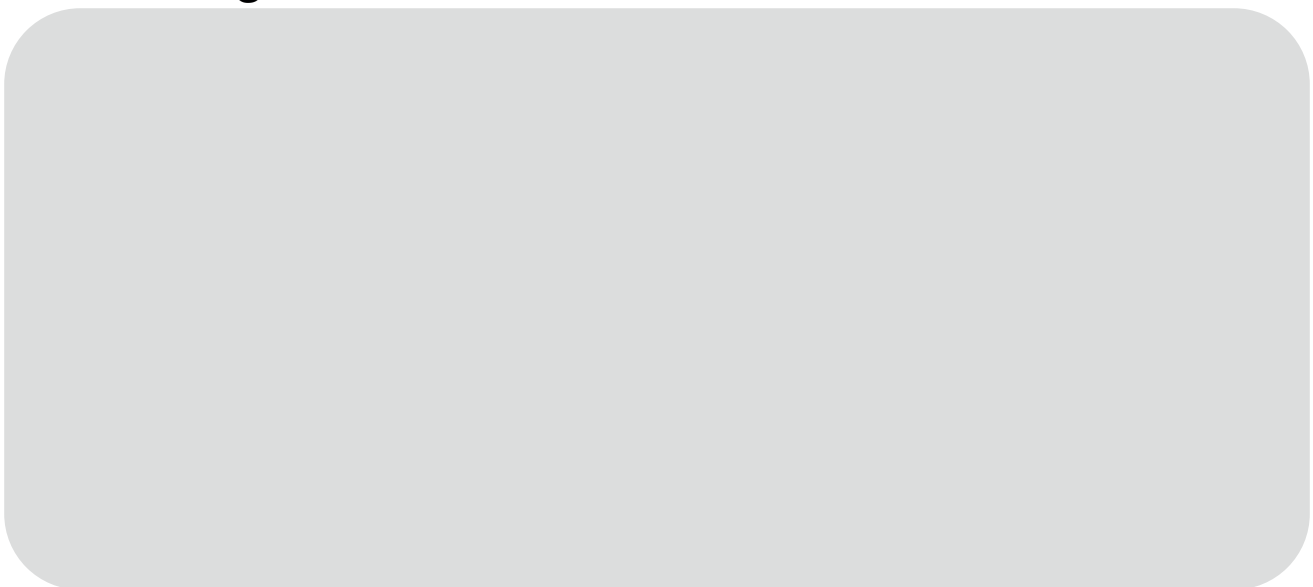
### Reflect:

- How does viewing Jesus as the slain Lamb transform the way I worship, surrender and respond in gratitude?
- Where is the Holy Spirit inviting me to join God's global mission and redemptive purposes—celebrating Christ's victory?

### Pray:

Pray for deeper worship, awe, and surrender in view of Jesus as the slain Lamb, and to join Him in His redeeming work for all nations.

### Journaling



# DAY 39

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## Exodus 12:13 ESV

"The blood shall be a sign for you, on the houses where you are. And when I see the blood, I will pass over you, and no plague will befall you to destroy you, when I strike the land of Egypt."

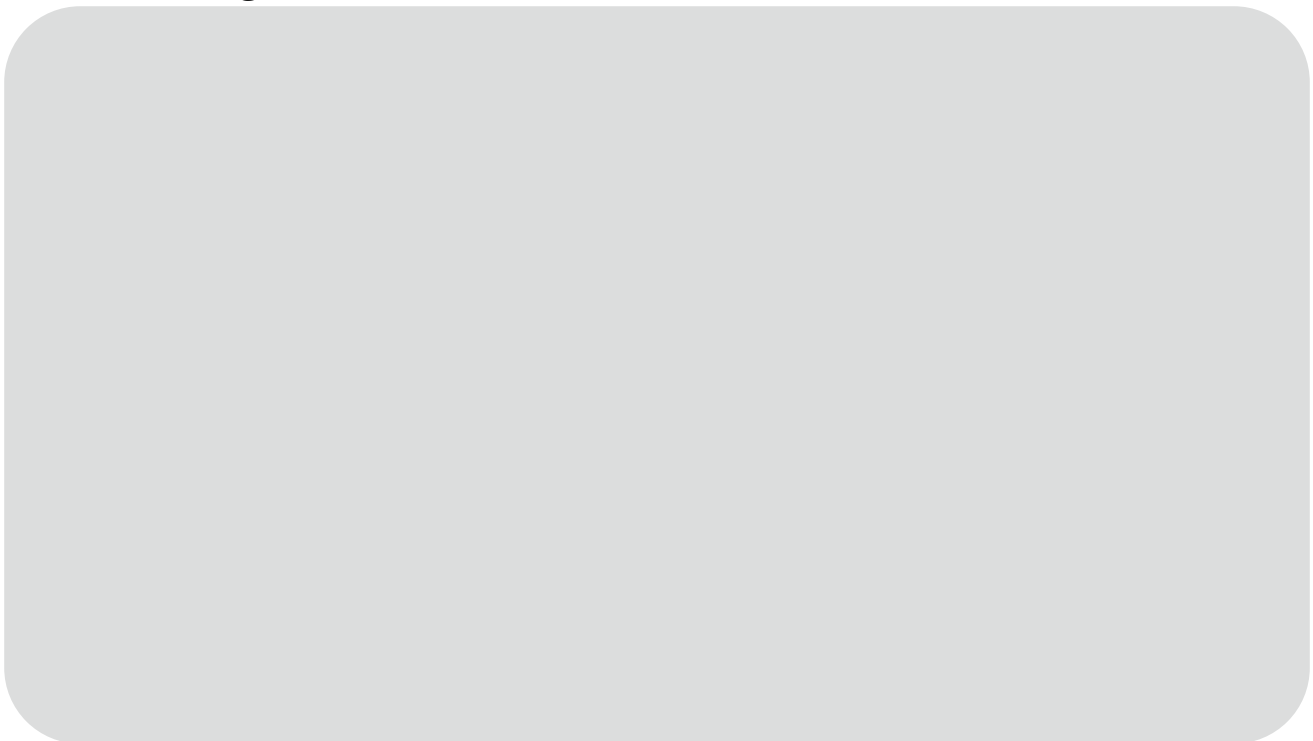
### Reflect:

- How can reflecting on the Passover help me trust in the power of Jesus' blood for protection and freedom right now?
- What might the Holy Spirit want to reveal to me about moving from fear to faith because of Jesus' finished work?

### Pray:

Pray for confidence in Jesus' protective covering over your life, trusting Him for true deliverance and freedom from fear.

### Journaling



# DAY 40

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## 1 Corinthians 11:23-26 NIV

"For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.' In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

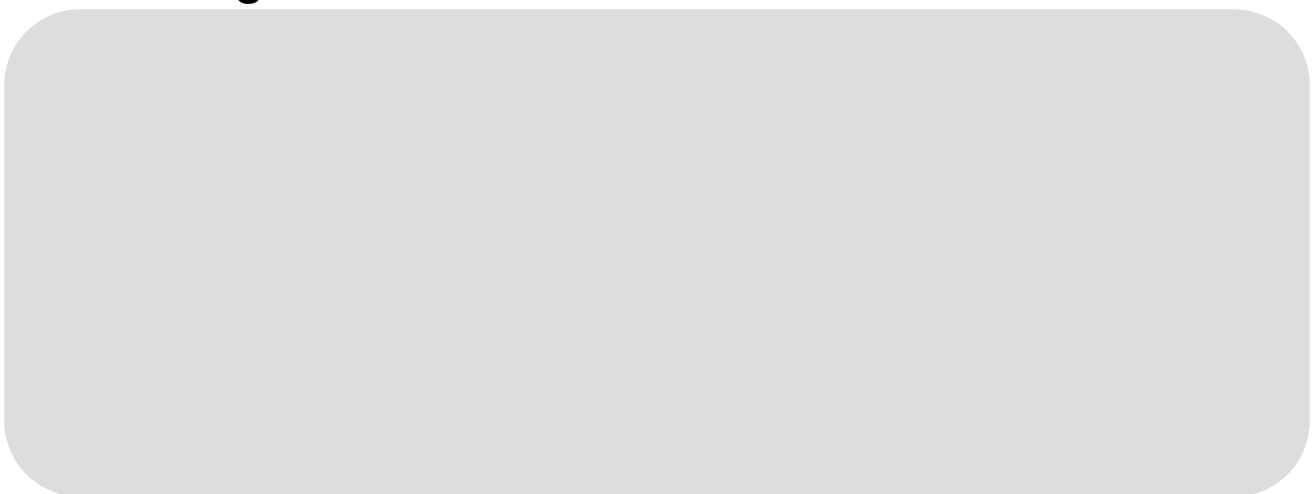
### Reflect:

- How can regularly receiving the Lord's Supper shape my day-to-day remembrance and proclamation of Jesus' sacrifice?
- In what practical ways might the Holy Spirit transform my habits, relationships or outlook as I live out the meaning of this covenant meal?

### Pray:

Pray that participation in the Lord's Supper will continually transform your remembrance and proclamation of Jesus' sacrifice, affecting every part of your life.

### Journaling



# WHAT IS JESUS CALLING YOU TO DO?

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We encourage you to review your journaling and reread your notes, take a highlighter and mark those entries that are most important to you. Next, prepare during the week of Easter to take a covenant meal where you have space and time for reflection.

Thank you for walking with us on this journey. We hope you've been refreshed, challenged and changed as the Holy Spirit reveals ongoing desire for more intimacy with the Father, Son and Holy Spirit.



# APPENDIX: DANIEL FAST

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## WHAT IS A DANIEL FAST?

The Daniel Fast is based on a passage in the Bible from the Book of Daniel. This fast is essentially a vegan diet without any sugars, refined carbs, caffeine, or alcohol. It is a method of spiritual fasting based on the prophet Daniel's experience fasting according to the historical story recorded in the Bible. There are two passages specifically that the Daniel Fast is based on:

1. "Please test your servants for ten days and let them give us vegetables to eat and water to drink." Daniel 1:12
2. "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10: 2-3

From this experience, Daniel was said to gain knowledge, wisdom, spiritual understanding, favor, and an even better appearance (Daniel 1:15-20), in addition to answered prayer and spiritual insight (Daniel 10: 11-12).

Therefore, the idea behind this kind of fast is that you would set aside other foods and focus on eating plant-based meals as an act of worship and sacrifice.

While it might seem restrictive, the Daniel Fast is meant to be followed for just 21 days. This length of time is based on Daniel's decision in Chapter 10 to deprive himself of "pleasant food," meat, and wine for three weeks while he sought God in prayer.



# APPENDIX: DANIEL FAST

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## FOODS YOU COULD EAT IN THE DANIEL FAST:

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, and wild rice.
- **Beans and legumes:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.
- **Nuts and seeds:** Almonds, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables, whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit, whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products, including tofu.
- **Unleavened bread:** Whole grain breads made without yeast, sugars, or preservatives.
- **Water:** Distilled, filtered, sparkling, spring, and mineral waters are encouraged.
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.



# APPENDIX: DANIEL FAST

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## FOODS RECOMMENDED NOT TO EAT ON THE DANIEL FAST:

- **Animal products:** All meat, dairy, seafood, and eggs.
- **Sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- **Leavened bread:** Bread made with yeast.
- **Refined and processed foods:** Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- **Deep-fried foods:** All fried foods.
- **Solid fats:** Butter, lard, margarine, and shortening.
- **Chocolate:** Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- **Some beverages:** Alcohol, coffee, and other caffeinated beverages.

