



4 O - D A Y

GUIDED JOURNEY

of Fasting, Prayer, and Daily Scripture

BONUS:
Bible Study
on Fasting
by Britt
Mooney

 Christianity.com
by Britt Mooney

INTRODUCTION

God taught me the benefits of fasting, which challenges many evangelicals and Protestants, along with general Christians, in the West today.

Once while in the middle of a 40-day juice fast, I had a fellow Christian question why I would participate in the discipline. We spoke about it for a moment, and she expressed how she didn't personally feel "called" to fasting.

I didn't challenge her thoughts at the time, mainly because many Christians do the same. They treat fasting like a separate discipline. No one (or very few) believers would say they didn't feel "called" to read the Bible or pray. Yet Scripture clearly treats fasting as an important practice. Jesus, Paul, and others in the New Testament participated in it and treated fasting as normative for disciples of Jesus.



What Does the Bible Say About Fasting?

We may not like the idea of going without food. Seems strange to our modern culture, perhaps. Yet God hasn't called us to our feelings or culture but biblical truth. It's more important to honestly seek out what God's Word teaches about the topic.

Scripture presents fasting as a spiritual discipline with a clear purpose: to help us draw closer to God and strengthen our dependence on him alone. Fasting isn't an empty ritual but an intentional act of humility, worship, focus, and declaration of how we need God. In both the Old and New Testaments, God's people fast for several different reasons—to seek his will, express repentance, and renew their hearts with his will. Fasting reminds us that life doesn't rest on physical sustenance but on every word continually being spoken by God.

“Fasting isn’t an empty ritual but an intentional act of humility, worship, focus, and declaration of how we need God.”

In the Old Testament, Israel fasted during times of national crisis, repentance, or to express their great need. Joel calls on God's people to “return to Me with all your heart, with fasting and weeping and mourning.” (Joel 2:12) Fasting becomes a way to humble ourselves and confess our need for God's mercy. In addition, it contains an intentional choice to join God in a holy sorrow over sin and brokenness.

Interestingly, Isaiah 58 challenges Israel to fast in ways of redemptive justice, compassion, and righteousness more than simply not eating.

Not only did Jesus fast, as included in the Gospels for our example, but he also taught his disciples to do the same during the Sermon on the Mount. He said “when you fast,” not “if you fast,” revealing he expected his followers to do so. In the teaching, Jesus teaches that we must do it with sincerity, not for fame or to impress anyone, and for God alone. The early church also fasted when seeking God's direction, especially when making major decisions, expressing their need for God's wisdom more than their own (Acts 13:2-3).



Reflect & Review

Reflect on how Scripture defines fasting. How does this challenge or affirm what you've believed?







According to Joel 2:12, what is God really after when we fast? Write in your own words what it means to "return to God with all your heart" and how fasting plays a role.







What is one reason you might fast right now? Is there something in your life that needs clarity, repentance, or deeper trust in God? Ask the Lord to reveal it.







Read Isaiah 58. What kind of fast pleases God? How can your fasting reflect justice, compassion, and righteousness this season?







How is God calling you to humble yourself through fasting? Write a prayer asking God to prepare your heart to fast—not to earn His love, but to seek Him more deeply.



What are Some Biblical Examples of How People Fasted?

Not only does the Bible directly teach us to fast (like how to pray, read scripture, and rejoice always), but Scripture also provides several narratives about people of faith fasting and how God works through it to bring breakthrough and guidance.

An amazing example happens in the story of Esther. During the exile, when villains within the Persian Empire threatened the Jewish people with genocide and destruction, young queen Esther called upon the people of God to fast for three days before she approached the king of Persia, her husband, to ask for deliverance. The fasting declared their absolute need for God alone to act on their behalf. As the people humbled themselves, God moved and turned the king's heart. Evil was exposed, and the Jews were rescued.

A second example comes from a similar time period and the life of Daniel. Daniel had a troubling vision, and in seeking understanding and revelation, he fasted for three weeks. He denied himself rich foods to focus completely on God. God responded by sending an angel with understanding and physical strength. Daniel's fasting didn't earn God's favor but allowed the man's heart to receive what he needed. God honored such worship through fasting.

God works through fasting to bring breakthrough and guidance.

Since fasting also happens in repentance, the book of Jonah reveals how Nineveh responded after Jonah warned the city of their coming judgment and destruction due to their sin. The king came under great conviction, and the king ordered the entire city to fast, from himself to the common people. Their repentant crying out to God moved God to forgive and relent from destruction.

Jesus fasted while being tempted directly by the Devil, overcoming sin and lust (Matthew 4:1-11). Paul fasted after his initial repentance (Acts 9:9), and Paul and Barnabas fasted before appointing elders in churches they planted (Acts 14:23). The Antioch church also fasted before sending Paul and Barnabas on mission in obedience to the Spirit (Acts 13:2-3).

Just like with prayer and prophecy, fasting has several applications for the Christian life. Generally, biblical fasting connects with times of prayer and seeking God for some reason. Unlike prayer, worship, and reading Scripture, fasting can't be done continually, only for short periods of time.



Reflect & Review

Which biblical example of fasting do you most relate to? Use this to identify where you feel the need for God's help, clarity, or breakthrough in your own life.







What do these stories reveal about God's response to sincere fasting? How do they shape your understanding of how God meets us in our need?







In what area of your life do you feel called to express dependence, repentance, or pursuit of God through fasting?







What connection do you see between fasting and breakthrough in these biblical accounts? How does this challenge or encourage your expectations as you consider fasting?







Ask God to show you where and how to fast, and to give you a heart like those who fasted in Scripture—humble, hungry, and ready to follow wherever He leads.



How have Christians Practiced Fasting throughout History?

From the earliest days of the church, Christians recognized fasting as a way to imitate Christ, who fasted 40 days in the wilderness, and to seek God's presence with intense focus. The early church would fast before baptisms, major decisions, and during seasons of Roman persecution. Early writings, like the Didache, encouraged believers to fast one or two days a week, Wednesdays and Fridays, as a regular discipline.

Christianity spread, and fasting continued to be practiced in the life of the church. Early monks in the community participated in regular fasting to practice self-denial, pursue holiness, and undergird their prayers. Christian monks didn't look at fasting as self-punishment but as removing distractions from life and mind while teaching the soul to rely upon God more than anything else. Such monasteries influenced Christian traditions.

“Leaders like Martin Luther and John Calvin taught that fasting remained a biblical practice when undertaken to seek God in prayer and for revelation, not to impress or manipulate him.”

Moving into the Middle Ages, fasting became part of the liturgical calendar. As a main example, Lent became a season of fasting, having believers prepare their hearts for Easter through repentance. Many Christians also practiced weekly fasting or abstained from certain foods (especially meat) as a devotional act.

Even though they rejected rigid rules, the Reformers continued to value fasting.

Leaders like Martin Luther and John Calvin taught that fasting remained a biblical practice when undertaken to seek God in prayer and for revelation, not to impress or manipulate him.

Today, many Christians around the world fast in many ways. They skip meals, avoid certain foods, or even step away from TV or phone screens, all to seek God, declare their dependence upon him, humble themselves, and align their hearts to his.



Reflect & Review

What surprised or intrigued you about how fasting has been practiced over time?

Note anything new you learned about the early church, monastic communities, or the Reformation era that reshaped your understanding of fasting.







How does knowing the long history of fasting in Christianity affect your view of the discipline today?







What forms of fasting (food, media, time, etc.) might God be inviting you to consider in your current season of life?







Why is it important to fast not out of legalism or ritual, but out of love and desire for God?

How might this mindset shift deepen your motivation and experience of fasting?







Ask God to help you approach fasting not as a burden or performance, but as a meaningful way to draw close to Him. Invite the Spirit to guide your focus and refine your heart.



Why is Fasting a Forgotten Discipline in Western Christianity?

Modern Western life prioritizes comfort, convenience, and instant gratification. Advertisements in a consumer culture sell services and goods to save time and get things quickly, with less pain and struggle.

Fasting involves the opposite. It focuses on self-denial and on giving up things we want or feel we need. This runs counter to a society shaped by the pursuit of abundance and ease. Culturally, many Christians simply don't understand how intentionally denying what we want could be spiritual or good for us.

Further, many Christians haven't heard or experienced good teaching regarding fasting. Local churches don't make it part of their community discipline. In addition, there are fewer corporate prayer times, which also connect with fasting. The practice has faded into the background, replaced by more prioritized disciplines like energetic worship services or small-group Bible studies. Without good, intentional teaching on the topic, especially evangelical and Protestant believers might assume fasting is too liturgical and "religious."

Related to this, some Christians avoid any practice that appears legalistic, things that appear more rule-based than relational, or teachings perhaps associated with earning God's favor. In avoiding "legalism," they can often overlook or totally miss the clear life-giving purpose of fasting. Any practice can become legalistic, even "feel-good" worship services. Unfortunately, this misunderstanding makes people step away from a discipline Jesus taught his followers to practice.

In addition, Western Christianity prioritizes intellectual faith over these ancient disciplines. Therefore, believers focus more on study and theological thought than on a practical way to declare dependence upon God. Fasting can feel strange to a culture trying to separate the spiritual from the practical.

Lastly, the advent of smartphones and constant activity hasn't helped. We don't allow ourselves to be still, quiet, or bored. Such busyness keeps us from constructive and biblical self-reflection. Fasting reminds us there are no shortcuts. We learn endurance and simplicity, not entertainment.

"Culturally, many Christians simply don't understand how intentionally denying what we want could be spiritual or good for us."



Reflect & Review

Read Matthew 6:16-18. What does Jesus assume about fasting in this passage, and how does that contrast with common Western attitudes toward the discipline?







Read Romans 12:1-2. How does the call to be a “living sacrifice” relate to the idea of self-denial in fasting? In what areas of life might God be calling you to resist cultural conformity?







How has the modern emphasis on productivity, comfort, or instant gratification shaped your view of spiritual growth?







Reflect on James 4:8-10. How can fasting help you humble yourself before God and draw near to Him as this passage invites?







Ask the Holy Spirit to renew your heart and mind, helping you see fasting not as a burden, but as a means of worship, renewal, and deeper connection with God. Invite Him to reorient your desires around His kingdom.



Why Should Christians Include Fasting in Their Spiritual Disciplines?

Fasting shifts our focus from the things with pass away (our physical bodies, our hunger, our immediate desires) to the eternal and spiritual hunger. When we intentionally deny ourselves comforts and distractions, we create space to hear God more clearly. This empowers our prayers and teaches us to endure all areas of difficulties, realizing God helped us persevere through a time of fasting. He'll help us with other things.

Jesus assumed his disciples would fast, not to earn favor with God or prove ourselves in a legalistic way, but to participate in the ways of God and develop a deeper dependence on God. The Bible says God sustains all creation through the Word of his power (Hebrews 1:3, Colossians 1:7), like Jesus declared about living by more than bread, and fasting helps renew our minds to this reality.

When we intentionally deny ourselves comforts and distractions, we create space to hear God more clearly.

Fasting also trains our bodies to say no to our everyday desires, resisting the pull of self-indulgence, especially in a culture that tries to make us “need” more and more to sell us things. By willingly denying ourselves, we learn to say “yes” to God more freely and “no” to the worldly ideas and lusts that seek to control us. We were born again to be completely free from the things of this world, away from slavery to any personal desire.

We must remember not to try to fast in our own strength, however. That only strengthens our pride and “flesh.” The answer remains to do all disciplines by faith and the power of the Spirit.

In a culture filled with constant noise and instant entertainment, fasting slows us down and recenters us on the Person of Jesus. It reminds us that he alone satisfies our souls. As we fast by the Spirit and in humility, God uses the discipline to increase his revelation in our lives, revealing hidden things good and bad, and renewing our love for him and the Scripture.

Ultimately, like practicing all the disciplines, it makes the unseen more real to us than the seen, deepening our intimacy with him. We hear his voice more clearly.

May we practice fasting as a life-giving pathway into greater transformation into the image of Christ.



Reflect & Review

Read Matthew 4:4 and Hebrews 1:3. How do these verses frame the contrast between physical and spiritual sustenance?







Read Galatians 5:16-17 and Romans 12:1-2. How does fasting help train your body and mind to resist worldly desires and live according to the Spirit? How might fasting be a form of offering your body as a living sacrifice?







Where in your own life do you need clarity or breakthrough that might come through focused dependence on God?







What does it mean to fast by faith and not by flesh? Consider what fasting in the power of the Holy Spirit might look like in contrast to trying to "prove" something to God or yourself.







Ask God to help you fast from a posture of faith and worship. Invite Him to deepen your hunger for His presence and to use fasting as a tool to transform you more into the likeness of Christ.



† 40 - DAY
GUIDED JOURNEY

of Fasting, Prayer, and Daily Scripture



Day 1

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

-Isaiah 40:31

Reflection: How can I hope in God today instead of relying upon my own strength?

Prayer:

Father,

I place my hope in you alone. Renew my strength and calm my heart.

Help me walk, run, and persevere with power that comes from your Spirit alone.

Grow my faith and lift my eyes to your faithfulness.

In Jesus' name,

Amen.



Day 2

"God is our refuge and strength, an ever-present help in trouble." - Psalm 46:1

Reflection: In my life, where do I need to learn to run to God first instead of last?

Prayer:

Father,

I take refuge in you. Be my strength and help me trust your presence in every trial. Guard my heart from fear of trouble and fill me with bravery to know you stand with me in all things.

In Jesus' name,

Amen.



Day 3

"I can do all this through him who gives me strength." - Philippians 4:13

Reflection: What in my life feels impossible unless Christ gives me the power?

Prayer:

Jesus,

I rely on your ability, not my own. Empower me to do the impossible things you call me to do. Let your Spirit guide my steps and give me the courage and desire to obey. Help me trust your sufficiency.

In Jesus' name,

Amen.



Day 4

"The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold." - Psalm 18:2

Reflection: How does God seek to secure and protect me right now?

Prayer:

Father,

You are my Lord and fortress. Secure my soul in your truth and quiet my fears. Deliver me from doubts. I trust your power and love to shield me and lead me through every trial with confidence.

In Jesus' name,

Amen.



Day 5

“Nehemiah said, ‘Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.’” - Nehemiah 8:10

Reflection: What steals my joy? And how can I return to the Lord and receive his joy?

Prayer:

Father,

Restore your joy to me. Let your presence comfort my heart and renew my mind. Help me choose joy over worry and discouragement. Fill me with your salvation, gladness for strength to face every trial.

In Jesus' name,

Amen.



Day 6

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." - Psalm 28:7

Reflection: Where do I need God's strength and protection today?

Prayer:

Father, be my strength and shield. Protect my thoughts and lead me in every decision. Help me trust you fully and respond to your love with praise. Give me greater courage to walk in your will.

In Jesus' name,

Amen.



Day 7

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
- *Isaiah 41:10*

Reflection: What fear do I need to release into God's hands?

Prayer:

Father, uphold me with your righteous hand. Remove my fear with your love. Give me strength with boldness today on the foundation of your promises. Help me be aware of your close presence in every circumstance.

In Jesus' name,

Amen.



Day 8

“The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him.” - Exodus 15:2

Reflection: How can I let God fight for me instead of trying to do his job?

Prayer:

Father,

You are my strength and defender. Fight the battles I can’t win. Teach me to let go and rest in your power and promises, and then lead me to praise you for your salvation. Lead me with reliance upon your strength.

In Jesus’ name,

Amen.



Day 9

"My grace is sufficient for you, for my power is made perfect in weakness."

- 2 Corinthians 12:9

Reflection: What do I need to surrender to God so Christ can show himself strong?

Prayer:

Father,

I bring my weaknesses to you. Show up in power in my life. Help me trust your empowering grace as sufficient in every struggle. Glorify your name by shining strong through my weaknesses.

In Jesus' name,

Amen.



Day 10

"The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights." - Habakkuk 3:19

Reflection: How can I walk with more confidence and humility because God secures my steps?

Prayer:

Father,

Make my feet steady like a deer on high places. Give me the strength to walk with confidence, not in myself but in your will. Lift my perspective and guide me with your power today.

In Jesus' name,

Amen.



Day 11

"The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven." - Hebrews 1:3

Reflection: How does knowing God sustains all things change how I trust him today?

Prayer:

Father,

I trust your sustaining Word. He lives in me. Hold my life together with your power. Help me rest in your control and sovereignty, believing you oversee every detail. Speak strength and security into my heart by your Word.

In Jesus' name,

Amen.



Day 12

"He is before all things, and in him all things hold together." - Colossians 1:17

Reflection: What part of my life feels out of control and needs Christ's stabilizing hand?

Prayer:

Father,

Hold me together today. Make my thoughts, emotions, and decisions secure in you. Remind me that nothing stands outside your authority, and you are Lord of all. Keep my heart set in your unshakable presence.

In Jesus' name,

Amen.



Day 13

“And God said, ‘Let there be light,’ and there was light. “ - Genesis 1:3

Reflection: Where do I need God to speak light into a dark area of my life?

Prayer:

Father,

Speak light over my circumstances. Shine truth and love where fear and darkness exist. Bring clarity and hope by your Word and intervention. Give me the faith to trust the power of your voice.

In Jesus' name,

Amen.



Day 14

“For he spoke, and it came to be; he commanded, and it stood firm.” - Psalm 33:9

Reflection: How can I trust God's authority more today?

Prayer:

Father,

I trust the authority of your commands and Word. Grow my faith to believe you act with purpose and sovereignty. Help me rest in your Lordship and listen carefully to your voice.

In Jesus' name,

Amen.



Day 15

“Your word, Lord, is eternal; it stands firm in the heavens.” - Psalm 119:89

Reflection: How can I rely more on God's unchanging Word today?

Prayer:

Father,

Teach me to trust the eternal and heavenly nature of your Word, and let it keep my mind in peace. Help me to rely upon what you have spoken above all the temporary circumstances around me. Teach me to rest in your promises.

In Jesus' name,

Amen.



Day 16

“Great is our Lord and mighty in power; his understanding has no limit.” - Psalm 147:5

Reflection: Where do I need to trust God's unlimited wisdom instead of my own understanding?

Prayer:

Father,

I call upon you as the great and powerful Lord. I rely upon your limitless understanding. Guide my decisions and correct my perspective. Help me hear your voice over all others, since you alone know best.

In Jesus' name,

Amen.



Day 17

"Through him all things were made; without him nothing was made that has been made." - John 1:3

Reflection: How does Christ's role in creation deepen my faith in him?

Prayer:

Father,

You created all things through Christ. Shape my heart to rest in the authority this gives you and the Trinity. Let your creative power renew my hope and my story. Sustain me with the life only you can give me.

In Jesus' name,

Amen.



Day 18

“So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” - Isaiah 55:11

Reflection: What are of my life needs confidence in God's power to accomplish what he desires?

Prayer:

Father,

Let your word accomplish your purpose in me. Strengthen my trust in your timing, knowing you are good and desire the best for me. Work through me with your power and guide me by your voice.

In Jesus' name,

Amen.



Day 19

“Your word is a lamp for my feet, a light on my path.” - Psalm 119:105

Reflection: Where do I need God's guidance the most today?

Prayer:

Father,

Shine your Word on my path. Give me the revelation for the next step, helping me to trust you will secure me in every step after that. Help me walk in obedience and trust your direction.

In Jesus' name,

Amen.



Day 20

“Let them praise the name of the Lord, for at his command they were created, and he established them for ever and ever—he issued a decree that will never pass away.”

- Psalm 148:5-6

Reflection: How can I praise and worship God today more as Creator?

Prayer:

Father,

I praise you for creating all things by your Word and command. Fill my heart with awe at the wonderful things you've created and awe at your power. Continue to command renewal in all areas of my life.

In Jesus' name,

Amen.



Day 21

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God." - Ephesians 2:8

Reflection: How does God want me to rely upon his saving grace today?

Prayer:

Father,

Thank you for saving me by grace when I couldn't do it myself. Move and empower my heart to walk humbly and depend on you. Strengthen my faith so I can walk in more grace in every word and deed.

In Jesus' name,

Amen.



Day 22

"For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age." - Titus 2:11-12

Reflection: How can I let God's grace teach me to say "no" to my ungodly passions and desires, to live in Spirit-powered self-control?

Prayer:

Father,

Let your grace humble me and reveal how dangerous my worldly desires are. Teach me to reject sin and pursue godliness. Give me your Spirit to live with purpose and purity, hoping in Christ's return.

In Jesus' name,

Amen.



Day 23

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.” - 2 Peter 1:3

Reflection: Where do I doubt God has given me the strength I need?

Prayer:

Father,

I trust your divine power. You supply everything I need to live a godly life, impossible without your grace. Build up my faith with your Word, deepen my obedience, and help me rely upon your provision.

In Jesus' name,

Amen.



Day 24

*"But he gives us more grace. That is why Scripture says:
'God opposes the proud but shows favor to the humble.'" - James 4:6*

Reflection: What are of pride do I need to surrender so I can get more grace?

Prayer:

Father,

Grant me more grace today. Humble my heart and remove pride so I can walk in more spiritual and personal favor. Help me surrender and submit my will to you, moving forward in the strength of your mercy.

In Jesus' name,

Amen.



Day 25

“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” - 2 Corinthians 9:8

Reflection: How can I trust God to empower me for the good he calls me to do?

Prayer:

Father,

Equip me with every resource I need for your good works. Fill me with love, grace, joy, charity, and an obedient heart. Help me trust that you've blessed me abundantly to be a blessing to others.

In Jesus' name,

Amen.



Day 26

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." - Hebrews 4:16

Reflection: What need should I bring boldly to God today?

Prayer:

Father,

I come to your throne with confidence. I am seated in heavenly places because of your Son. Pour out mercy and grace in my time of need. Help me to boldly walk in the gifts you provide in Christ.

In Jesus' name,

Amen.



Day 27

“For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.” - Psalm 84:11

Reflection: How can I trust God's timing and provision in my time of need today?

Prayer:

Father,

I trust you are good and you love me. Like the sun, you bring light and life. Like a shield, you protect me from what seeks to harm my soul. Help me trust you withhold nothing I truly need.

In Jesus' name,

Amen.



Day 28

"Out of his fullness we have all received grace in place of grace already given."

- John 1:16

Reflection: How can draw from God's fullness instead of my emptiness?

Prayer:

Father,

Fill me from your fullness, complete and abundant grace and mercy. You are more than sufficient for me. Strengthen my spirit, trusting I have received your grace. Help me draw daily from your fullness with gratitude.

In Jesus' name,

Amen.



Day 29

"Through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God." - Romans 5:2

Reflection: What step of faith do I need to live in grace today?

Prayer:

Father,

Let me stand firm in your grace. Help my unbelief and grow my faith to access more grace to follow you. And if I boast, teach me to only boast in the hope I have in Christ to your glory.

In Jesus' name,

Amen.



Day 30

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.” - Psalm 55:22

Reflection: What burden must I cast on God instead of carrying it myself?

Prayer:

Father,

I cast my cares upon you, for I know you care for me. Thank you for making me righteous by your blood and forgiveness. You have saved and justified me by the cross. Help me trust you will never let me be shaken.

In Jesus' name,

Amen.



Day 31

"Even to your old age and gray hairs, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you." - Isaiah 46:4

Reflection: Where do I need to rest in God's promise to carry and sustain me?

Prayer:

Father,

Carry me today with your unfailing love. Just as you created me and sustain me, you will carry me when I can't walk in your calling alone. Hold me through my doubts and guide me in wisdom.

In Jesus' name,

Amen.



Day 32

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." - Deuteronomy 31:8

Reflection: How does knowing God goes ahead of me influence my anxieties?

Prayer:

Father,

Thank you for going ahead of me, seeking my good in my future circumstances. Clear the path for your glory and purposes, and give me courage. Help me trust your presence and faithfulness in every moment.

In Jesus' name,

Amen.



Day 33

"I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." - Psalm 121:1-2

Reflection: How have I lifted my eyes to God's help?

Prayer:

Father,

I lift my eyes to you. You alone can help me. You are the Maker of all things, and you are for me. Send your help and give me strength to stand firm, knowing you will deliver me in truth and power.

In Jesus' name,

Amen.



Day 34

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.” - Lamentations 3:22-23

Reflection: How can I rely on God’s new mercies today?

Prayer:

Father,

I trust in your love and fresh mercies every morning. Great is your faithfulness, and you will not allow us to be consumed. Help me rest in your unfailing compassion with thankfulness and joy.

In Jesus’ name,

Amen.



Day 35

“Come to me, all you who are weary and burdened, and I will give you rest.”

- Matthew 11:28

Reflection: What burden do I need to bring to Jesus to get his rest?

Prayer:

Father,

I confess I am weary and burdened. I come to you in my weakness and exhaustion.

Thank you for your promise to give rest; I receive your peace and renewal for my soul.

Help me to release my burdens to you for true rest.

In Jesus' name,

Amen.



Day 36

“The Lord is my shepherd; I lack nothing.” - Psalm 23:1

Reflection: How does God want to shepherd me and supply my needs today?

Prayer:

Father,

Thank you for being my Shepherd, and for sending Christ as the Good Shepherd, one I can trust. Provide abundantly from your heavenly riches unto everything I need. Lead me beside still waters and restore my soul.

In Jesus' name,

Amen.



Day 37

“Truly he is my rock and my salvation; he is my fortress, I will not be shaken.”

- Psalm 62:6

Reflection: Where do I need God to be my unshakable rock?

Prayer:

Father,

Be my rock today. Help me rest upon the foundation of your love and strength. Calm my heart and silence my fears. Thank you for being a mighty fortress, protecting me from the spiritual enemies who seek my destruction.

In Jesus' name,

Amen.



Day 38

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm, and steadfast.” - 1 Peter 5:10

Reflection: What are of my life needs restoration based on God's grace?

Prayer:

Father,

Thank you for calling me into your eternal glory in Christ. You are the God of all grace. Restore me with your grace after times of struggle and hardship. Empower me and affirm your Word in my heart. Help me to persevere in your purpose.

In Jesus' name,

Amen.



Day 39

"To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy." - Jude 24

Reflection: How can I trust and rely upon God's power to keep me righteous?

Prayer:

Father,

You have the power to keep me from stumbling. You have the ability and desire to keep me in your hand until the last days. Guard my steps and help me walk in your grace, sustaining me until you fulfill all your promises in Christ.

In Jesus' name,

Amen.



Day 40

"I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."
- Psalm 16:8

Reflection: What keeps me from fixing my eyes on Jesus?

Prayer:

Father,

Give me the grace to keep my eyes fixed upon you alone. When the storms rage around me, help me not to be distracted by the threatening waves. Empower me to sustain me in the impossible by your grace and love.

In Jesus' name,

Amen.



NOTES

Britt Mooney lives and tells great stories. As an author of fiction and non-fiction, he is passionate about teaching ministries and nonprofits the power of storytelling to inspire and spread truth. Mooney has a podcast called Kingdom Over Coffee and is a published author of We Were Reborn for This: The Jesus Model for Living Heaven on Earth as well as Say Yes: How God-Sized Dreams Take Flight.



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