

# ChristFIT: Strengthening our faith

123Devo  
Pastor Brian Uyeda  
January 2026

123Devo is a simplified tool to help you grow in your faith. The concept is based off Isaiah 6:1-8. In these passages, we find 3 simple steps showing us how to more deeply reflect and respond to the Word.

The 3 steps are:

- 1) See – What is God showing me?
- 2) Say – What is God saying to me and what do I need to say to Him?
- 3) Send – What will I do with what I have seen and heard?

## 1. SEE: “What is God showing me?”

“...I saw the Lord sitting upon a throne,...” – Isaiah 6:1 ESV

- What do you notice about God’s character, His Word, or your heart?
- This is about reverence, clarity, and focus and letting truth rise to the surface.
- What grabs my attention in the scripture(s) today?

## 2. SAY: “What is God saying to me and what do I need to say to Him?”

“And I said: ‘Woe is me!...’ – Isaiah 6:5 ESV

“...I heard the voice of the Lord saying,...” – Isaiah 6:8 ESV

- What is God saying through His Word and Holy Spirit? What is your reply?
- Reflect on what truth is rising in your heart: comfort, correction, conviction?

Follow-up questions:

- What is God pointing out in me or around me?
- What do I need to confess, declare, or believe?

## 3. SEND: “What will I do with what I’ve seen and heard?”

“...Here I am! Send me.” – Isaiah 6:8 ESV

- God’s Word is for a reason, we must step into action.
- This question calls for obedience and mission, we must walk past mere insight.
- How is God inviting you to respond, act, serve, pray, or speak today?

Follow-up question:

- What step of obedience am I being sent into?

## ChristFIT - 21 Day Prayer Challenge

Crossroads Community Church, 2026

### **Day 1: January 5, 2026**

<sup>3</sup>When I am afraid, I put my trust in you. <sup>4</sup>In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me? - Psalm 56:3–4 ESV

<sup>33</sup>I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. – John 16:33 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### **Day 2: January 6, 2026**

<sup>9</sup>Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. – Joshua 1:9 NIV

<sup>3</sup>You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! – Isaiah 26:3 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### Day 3: January 7, 2026

<sup>28</sup>“Come to Me, all who are weary and burdened, and I will give you rest. <sup>29</sup>Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. - Matthew 11:28–30 NASB

<sup>9</sup>Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. - 2 Corinthians 12:9 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### Day 4: January 8, 2026

<sup>8</sup>Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. – Psalm 62:8 NIV

<sup>13</sup>I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. - Romans 15:13 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 5: January 9, 2026

<sup>31</sup>What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup>He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? - Romans 8:31–32 ESV

<sup>7</sup>For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind - 2 Timothy 1:7 KJV

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 6: January 10, 2026

<sup>31</sup>Yet those who wait for the LORD Will gain new strength; They will mount up *with* wings like eagles, They will run and not get tired, They will walk and not become weary. – Isaiah 40:31 NASB

<sup>1</sup>God is our refuge and strength, always ready to help in times of trouble. - Psalm 46:1 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 7: January 11, 2026 (Sabbath), No devotional for Today.

- Rest and reflect on God's faithfulness and goodness for what you learned the past week.

## Week 2

### Day 8: January 12, 2026

<sup>17</sup>Consequently, faith comes from hearing the message, and the message is heard through the word about Christ. – Romans 10:17 NIV

<sup>1</sup>Faith shows the reality of what we hope for; it is the evidence of things we cannot see. - Hebrews 11:1 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### Day 9: January 13, 2026

<sup>16</sup>“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. - John 3:16 ESV

<sup>5</sup>Commit everything you do to the LORD. Trust him, and he will help you. – Psalm 37:5 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 10: January 14, 2026

<sup>5</sup>But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. <sup>6</sup>But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. - James 1:5-6 NASB

<sup>5</sup>Trust in the LORD with all your heart and lean not on your own understanding; <sup>6</sup>in all your ways submit to him, and he will make your paths straight. – Proverbs 3:5-6 NIV

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 11: January 15, 2026

<sup>8</sup>For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. <sup>9</sup>For as the heavens are higher than the earth, so are my ways higher than your way and my thoughts than your thoughts. – Isaiah 55:8-9 ESV

<sup>29</sup>Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.” - John 6:29 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 12: January 16, 2026

<sup>7</sup>For we live by faith, not by sight. - 2 Corinthians 5:7 NIV

<sup>8</sup>God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. <sup>9</sup>Salvation is not a reward for the good things we have done, so none of us can boast about it. - Ephesians 2:8-9 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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## Day 13: January 17, 2026

<sup>6</sup>Therefore, as you received Christ Jesus the Lord, so walk in him, <sup>7</sup>rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. - Colossians 2:6-7 ESV

<sup>4</sup>“Look at the proud! They trust in themselves, and their lives are crooked. But the righteous will live by their faithfulness to God. - Habakkuk 2:4 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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## Day 14: January 18, 2026 (Sabbath), No devotional for Today.

- Rest and reflect on God's faithfulness and goodness for what you learned the past week.

## Week 3

### Day 15: January 19, 2026

<sup>11</sup>Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. - Psalm 42:11 ESV

<sup>13</sup>Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit. - Romans 15:13 NASB

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### Day 16: January 20, 2026

<sup>5</sup>And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. - Romans 5:5 ESV

<sup>22</sup>The faithful love of the LORD never ends! His mercies never cease. <sup>23</sup>Great is his faithfulness; his mercies begin afresh each morning. <sup>24</sup>I say to myself, "The LORD is my inheritance; therefore, I will hope in him!" – Lamentations 3:22-24 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 17: January 21, 2026

<sup>31</sup> but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. – Isaiah 40:31 ESV

<sup>11</sup> For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. – Jeremiah 29:11 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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## Day 18: January 22, 2026

<sup>3</sup>Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup>and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, - 1 Peter 1:3-4 NIV

<sup>14</sup>But I will keep on hoping for your help; I will praise you more and more. – Psalm 71:14 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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### **Day 19: January 23, 2026**

<sup>17</sup> For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup> as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. - 2 Corinthians 4:17–18 ESV

<sup>12</sup> Rejoice in our confident hope. Be patient in trouble, and keep on praying. - Romans 12:12 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### **Day 20: January 24, 2026**

<sup>4</sup> He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." - Revelation 21:4 ESV

<sup>26</sup> My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever. – Psalm 73:26 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### **Day 21: January 25, 2026 (Sabbath), No devotional for Today.**

- Rest and reflect on God's faithfulness and goodness for what you learned the past week. Congratulations, you completed the daily prayer challenge.

## Bonus Week!

### Day 22: January 26, 2026

<sup>12</sup>Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - James 1:12 NIV

<sup>9</sup>So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. – Galatians 6:9 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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### Day 23: January 27, 2026

<sup>14</sup>Wait for the LORD; be strong, and let your heart take courage; wait for the LORD! – Psalm 27:14 ESV

<sup>5</sup>May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ. - 2 Thessalonians 3:5 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 24: January 28, 2026

<sup>3</sup>Share in suffering as a good soldier of Christ Jesus. <sup>4</sup>No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. - 2 Timothy 2:3-4 ESV

<sup>13</sup>For I hold you by your right hand - I, the LORD your God. And I say to you, 'Don't be afraid. I am here to help you. - Isaiah 41:13 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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## Day 25: January 29, 2026

<sup>1</sup>I waited <sup>[a]</sup>patiently for the LORD; And He reached down to me and heard my cry. <sup>2</sup>He brought me up out of the pit of destruction, out of the mud; And He set my feet on a rock, making my footsteps firm. – Psalm 40:1-2 NASB

<sup>3</sup>As soon as I pray, you answer me; you encourage me by giving me strength. Psalm 138:3 NLT

1. SEE: What is God showing me? \_\_\_\_\_

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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_

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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_

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## Day 26: January 30, 2026

<sup>13</sup>Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. – Philippians 3:13-14 NIV

The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. - Psalm 18:2 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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## Day 27: January 31, 2026

<sup>10</sup>And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. – 1 Peter 5:10 ESV

<sup>10</sup>Don't be afraid of what you are about to suffer. The devil will throw some of you into prison to test you. You will suffer for ten days. But if you remain faithful even when facing death, I will give you the crown of life. – Revelation 2:10 NLT

1. SEE: What is God showing me? \_\_\_\_\_  
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2. SAY: What is God saying to me and what do I need to say to Him? \_\_\_\_\_  
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3. SEND: What will I do with what I've seen and heard? \_\_\_\_\_  
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**Day 28: February 1, 2026 (Sabbath), No devotional for Today.**

- Rest and reflect on God's faithfulness and goodness for what you learned the past week.
- What did you learn about God?
- What can you share with others about what God did over the course of the past 28 days?
- Congratulations, you completed the daily prayer challenge!