

The background of the entire page is a deep blue underwater scene. Several large, dark metal anchors are visible, with thick chains hanging from them. The scene is dimly lit, creating a somber and contemplative atmosphere.

# ANCHORED

ADULT VERSION



CHURCH AT THE CROSS

Hey church family! We are excited to introduce our newest devotional booklet. These booklets are designed to complement our current sermon series and foster deeper engagement within our church community. Each week features five reading and devotional days, carefully crafted to align with the themes of our weekly Sunday sermons. By journeying through these devotions together, we aim to create a unified church experience that enhances our collective understanding and application of God's Word.

Each devotional includes a corresponding scripture reading and a scripture memory verse, encouraging us to immerse ourselves in God's Word daily. To guide our study, we will be using the H.E.A.R. method, which stands for Highlight, Explain, Apply, and Respond. This method is explained in detail on the next page and provides a structured approach to help us reflect on and internalize the scriptures.

Additionally, each week's devotionals are designed to lead into the coming Sunday sermon. This allows us the opportunity to think through common themes and topics that will be explored in the sermon. By studying these themes throughout the week, we can come to Sunday services with a deeper understanding and readiness to engage with the main study of the text.

Our hope is that this devotional booklet will not only deepen our personal faith but also strengthen our collective bond as a church family. By engaging with the same scriptures and themes, we can support and encourage one another in our spiritual growth. Let's embark on this journey together, seeking to grow closer to God and to each other through His Word.

Highlight ➤ Explain ➤ Apply ➤ Respond

The H.E.A.R. Method is a great tool to study and explore God's Word. Explained below, you can use this method as a guide to your daily Bible reading each day.

# H

Highlight – As you read through each daily passage, several verses and words will stand out to you. Highlight them and consider writing them out. You can even give them a title that holds meaning for you.

# E

Explain. Explain what the text means. Why was it written? To whom was it originally written? How does it fit with the verses before and after it? What does the Holy Spirit intend to communicate in this text?

# A

Apply. Write 2 to 5 sentences about how the text applies to your life. This bridges the gap between the ancient text and your modern life. Ask questions such as: How can this help me? What do these verses mean to us today? What would the application of this verse look like in my life? What is God saying to me?

# R

Respond. Respond to the passage you have read. Your response may take different forms and change from day to day, based on your reading. It may be a prayer, either for your life or on behalf of someone else. You may write down a specific action step you need to take. You might describe how the passage convicts you to change. Keep in mind that your response to scripture is about you and you alone, not other people or society at large.

# ANCHORED IN PRAYER

**Scripture Reading:** [Matthew 6:5-13](#)

**Scripture Memory:** [Romans 12:12](#)

Jesus teaches us how to pray, not just what to say. In Matthew 6:5-13, He warns against empty repetition and showy prayers. Instead, He gives us the Lord's Prayer—a model that centers on God's holiness, His will, our daily needs, forgiveness, and spiritual protection. This prayer isn't a formula, but a framework for a relationship with our Father. Jesus invites us to approach God with reverence and honesty, trusting Him for every need. When we pray, we anchor our hearts in God's character and promises, not our circumstances. Prayer is not about impressing others or manipulating God, but about aligning our hearts with His. As we begin this week, let's remember that prayer is a gift—a way to know God deeply and depend on Him daily.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How does the Lord's Prayer shape your understanding of what matters most in prayer?
- In what ways can you make your prayers more honest and God-centered this week?



# IN GOD'S PRESENCE

**Scripture Reading:** Psalm 145:17–21; Phil. 4:4–7

**Scripture Memory:** Romans 12:12

“Prayer is not just about asking for things—it’s about being with God. Psalm 145:17–21 reminds us that “The Lord is near to all who call on him, to all who call on him in truth.” God delights in our prayers and promises to be close when we seek Him sincerely. Philippians 4:4–7 encourages us to bring everything to God in prayer, with thanksgiving, and promises that His peace will guard our hearts and minds. When life feels overwhelming, prayer anchors us in God’s unchanging presence. We don’t have to carry our burdens alone. Instead, we can rejoice, be patient, and remain constant in prayer (Romans 12:12), knowing that God hears and cares. As you pray today, focus less on the words and more on being present with God. Let His nearness comfort and strengthen you.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- When have you most felt God’s presence during prayer?
- What burdens do you need to bring to God today, trusting Him to give you peace?

# GOD'S PROMISES

**Scripture Reading:** 1 John 5:13–15; Hebrews 4:14–16

**Scripture Memory:** Romans 12:12

Prayer is powerful because it is rooted in God's promises, not our performance. In 1 John 5:13–15, we are assured that if we ask anything according to God's will, He hears us. This confidence comes from knowing Jesus, who gives us access to the Father. Hebrews 4:14–16 reminds us that Jesus is our great High Priest who sympathizes with our weaknesses. Because of Him, we can approach God's throne with boldness, finding mercy and grace in our time of need. Anchoring our prayers in God's promises means we pray with faith, trusting that God is both able and willing to answer according to His perfect wisdom. Even when answers seem delayed or different than we expect, we can be constant in prayer (Romans 12:12), knowing God is faithful. Let His promises shape your prayers today—pray boldly, trusting in His goodness.

- What is one thing that you saw in today's passage that you can apply to your own life?
- What is one promise of God you need to cling to in prayer right now?
- How does knowing Jesus intercedes for you change the way you approach God?

# COMMUNITY PRAYER

**Scripture Reading:** Acts 2:42–47; James 5:13–16

**Scripture Memory:** Romans 12:12

Prayer is not just a private discipline—it's a shared anchor for the whole church. In Acts 2:42–47, the early believers devoted themselves to prayer together, and God moved powerfully among them. Their unity in prayer brought encouragement, miracles, and deep fellowship. James 5:13–16 calls us to pray for one another, confess our sins, and seek healing together. God designed us to carry each other's burdens and to experience His presence in community. When we pray with others, our faith is strengthened, and we are reminded that we are not alone in our struggles or joys. Community prayer anchors us in God's love and the support of His people. As you pray today, consider reaching out to someone to pray with or for them. Let's be constant in prayer (Romans 12:12), not just for ourselves, but for our brothers and sisters in Christ.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How has praying with others impacted your faith journey?
- Who can you encourage or pray for this week as part of your spiritual community?

# PERSEVERANCE IN PRAYER

**Scripture Reading:** [Luke 18:1-8](#); [Colossians 4:2-4](#)

**Scripture Memory:** [Romans 12:12](#)

Jesus knew that prayer can sometimes feel discouraging, especially when answers seem slow. In Luke 18:1-8, He tells a parable about a persistent widow who kept coming to a judge until she received justice. Jesus' point is clear: "always pray and never give up." God is not like the unjust judge—He is loving and attentive. Colossians 4:2-4 urges us to "devote yourselves to prayer, being watchful and thankful." Perseverance in prayer anchors us through seasons of waiting, doubt, or difficulty. It's not about wearing God down, but about growing in trust and dependence on Him. As we remain constant in prayer (Romans 12:12), we are shaped by God's presence and promises, even when we don't see immediate results. Don't lose heart—God hears, cares, and responds in His perfect timing.

- What is one thing that you saw in today's passage that you can apply to your own life?
- Where do you need to persevere in prayer, even if you haven't seen an answer yet?
- How can you remind yourself of God's faithfulness as you wait on Him in prayer?

# ANCHORED IN SCRIPTURE

**Scripture Reading:** Psalm 119:97–105; 2 Tim. 3:16–17

**Scripture Memory:** Psalm 119:105

God's Word is not just ancient literature—it is living and active, shaping our hearts and guiding our lives. Psalm 119:97–105 shows a deep love for Scripture, describing it as wisdom, protection, and a guiding light. The psalmist delights in God's commands, finding them sweeter than honey and more valuable than gold. 2 Timothy 3:16–17 reminds us that all Scripture is inspired by God and useful for teaching, correcting, and training us in righteousness. When we anchor our lives in Scripture, we are equipped for every good work and protected from the confusion of the world. God's Word lights our path, showing us how to live in a way that honors Him. As you begin this week, ask God to give you a fresh hunger for His Word and a heart ready to obey.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How has God's Word been a "lamp" or "light" in your life recently?
- What steps can you take to make Scripture a daily anchor for your decisions and attitudes?

# WALKING IN TRUTH

**Scripture Reading:** John 8:31–36; Psalm 19:7–11

**Scripture Memory:** Psalm 119:105

Jesus said, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free” (John 8:31–32). God’s Word is the ultimate source of truth in a world full of shifting opinions and confusion. Psalm 19:7–11 describes Scripture as perfect, trustworthy, right, and radiant—reviving the soul and giving joy to the heart. God’s commands warn us, guide us, and offer great reward to those who follow them. When we anchor ourselves in the truth of Scripture, we are set free from the lies that bind us—whether those are lies about our worth, our purpose, or God’s character. God’s Word is a lamp to our feet and a light to our path (Psalm 119:105), showing us what is real and reliable. Let God’s truth shape your identity and choices today.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- What lies or half-truths do you need to replace with God’s truth from Scripture?
- How can you make abiding in God’s Word a regular part of your daily routine?

# GOD'S PROMISES

**Scripture Reading:** [Isaiah 40:6-11](#); [2 Peter 1:3-8](#)

**Scripture Memory:** [Psalm 119:105](#)

Life is full of uncertainty, but God's promises in Scripture are unchanging. Isaiah 40:6-11 reminds us that "the grass withers, the flower fades, but the word of our God will stand forever." God's Word is enduring and trustworthy, offering hope that outlasts every season. In 2 Peter 1:3-8, we learn that God has given us everything we need for life and godliness through His precious promises. These promises anchor us when we face trials, doubts, or temptations. They remind us of God's faithfulness, His power, and His love. When we hold tightly to Scripture, we are not tossed around by our feelings or circumstances. Instead, we grow in faith, character, and perseverance. God's Word is a lamp to our feet and a light to our path (Psalm 119:105), guiding us with promises that never fail.

- What is one thing that you saw in today's passage that you can apply to your own life?
- Which promise from God's Word do you need to cling to most right now?
- How can you remind yourself of God's promises when you face uncertainty or fear?



# WALK IN OBEDIENCE

**Scripture Reading:** James 1:19–25; Joshua 1:7–9

**Scripture Memory:** Psalm 119:105

It's not enough to simply hear or read God's Word—true anchoring comes when we put it into practice. James 1:19–25 challenges us to be “doers of the word, and not hearers only.” When we obey Scripture, we experience blessing and spiritual growth. Joshua 1:7–9 shows God commanding Joshua to be strong and courageous by meditating on and obeying the Book of the Law. God promises success in His will and His presence to those who follow His Word wholeheartedly. Obedience is not about legalism, but about trusting that God's ways are best. As we let Scripture guide our actions, attitudes, and decisions, we find stability and purpose. God's Word is a lamp to our feet and a light to our path (Psalm 119:105), showing us the way forward as we walk in obedience.

- What is one thing that you saw in today's passage that you can apply to your own life?
- In what area of your life is God calling you to obey His Word more fully?
- What practical steps can you take this week to live out what you are learning from Scripture?

# WEATHERING THE STORM

**Scripture Reading:** Matthew 7:24–29, Psalm 46:1–7

**Scripture Memory:** Psalm 119:105

Jesus tells a story in Matthew 7:24–27 about two builders—one wise, one foolish. The wise builder hears Jesus’ words and puts them into practice, building his house on rock. When storms come, his house stands firm. The foolish builder ignores Jesus’ words and builds on sand; when trouble hits, his house collapses. Life’s storms—grief, loss, temptation, disappointment—are inevitable. But when we anchor our lives in Scripture, we have a solid foundation that cannot be shaken. Psalm 46:1–7 reminds us that God is our refuge and strength, always present to help in trouble. No matter what comes, God’s Word is a lamp to our feet and a light to our path (Psalm 119:105), guiding us through darkness and uncertainty. As you finish this week, remember: anchoring your life in Scripture prepares you to stand strong, no matter what storms you face.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- What “storms” are you facing right now, and how can God’s Word help you stand firm?
- How can you encourage someone else to anchor their life in Scripture this week?

# ANCHORED IN EVANGELISM

**Scripture Reading:** Matthew 28:16–20; Acts 1:8;

**Scripture Memory:** 1 Peter 3:15

Jesus' final words to His followers were clear: "Go therefore and make disciples of all nations" (Matthew 28:19).

Evangelism isn't just for a select few—it's the calling of every believer. Evangelism is sharing the good news of Jesus Christ—His life, death, and resurrection—with others, inviting them to trust in Him for forgiveness and eternal life. Jesus promises His presence and power as we share the gospel (Matthew 28:20; Acts 1:8). Anchoring our lives in the Great Commission means we see every relationship and opportunity as a chance to point others to Christ. We don't have to be experts; we simply need to be willing and available. 1 Peter 3:15 reminds us to always be ready to share the reason for our hope, doing so with gentleness and respect. Evangelism is not about winning arguments, but about sharing the life-changing love of Jesus. As you begin this week, ask God to give you a heart for the lost and the courage to speak about your faith.

- What is one thing that you saw in today's passage that you can apply to your own life?
- What fears or barriers keep you from sharing your faith with others?
- Who in your life needs to hear the hope of the gospel, and how can you begin praying for them?

Highlight ➤ Explain ➤ Apply ➤ Respond

# THE GOSPEL MESSAGE

**Scripture Reading:** Romans 1:16–17; 1 Cor. 15:1–8

**Scripture Memory:** 1 Peter 3:15

The heart of evangelism is the gospel—the good news that Jesus died for our sins, was buried, and rose again (1 Corinthians 15:1–8). Paul boldly declares, “I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes” (Romans 1:16). The gospel is not just good advice; it is the power that transforms lives and brings people from death to life.

When we anchor our evangelism in the truth of the gospel, we don’t rely on clever words or persuasive arguments, but on God’s power to save. 1 Peter 3:15 calls us to be ready to explain the hope we have, rooted in Christ’s finished work. As you share your faith, focus on the simple, life-changing message of Jesus—His death, resurrection, and the forgiveness He offers to all who believe.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- How would you explain the gospel message in your own words to someone who has never heard it?
- In what ways can you remind yourself daily of the power and beauty of the gospel?

# GOD'S LOVE FOR THE LOST

**Scripture Reading:** [Luke 15:1-10](#); [John 3:16-18](#)

**Scripture Memory:** [1 Peter 3:15](#)

God's heart beats for the lost. In Luke 15:1-10, Jesus tells stories of a lost sheep and a lost coin, showing how God pursues those who are far from Him. There is great rejoicing in heaven over one sinner who repents. John 3:16-18 reminds us that God so loved the world that He gave His only Son, not to condemn, but to save.

Evangelism is anchored in this love—God's desire that none should perish, but all should come to repentance. When we share the gospel, we reflect God's heart and join His mission. 1 Peter 3:15 calls us to share our hope with gentleness and respect, motivated by love, not obligation. As you pray for and reach out to others, remember that every person matters deeply to God. Let His love move you to action.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How does understanding God's love for the lost change your attitude toward evangelism?
- Who is one person you can intentionally show Christ's love to this week?

# THE HOLY SPIRIT'S POWER

**Scripture Reading:** Acts 4:8–13, 29–31; John 16:7–11

**Scripture Memory:** 1 Peter 3:15

Evangelism is not something we do in our own strength. In Acts 4:8–13, Peter and John, once ordinary fishermen, boldly proclaim Jesus before powerful leaders. Their courage and clarity come from the Holy Spirit, not from their own abilities. Later, when the early church faces threats, they pray for boldness, and the Holy Spirit fills them again, empowering them to speak God's word fearlessly (Acts 4:29–31). Jesus promised that the Holy Spirit would convict the world of sin and point people to Him (John 16:7–11). When we share the gospel, we can trust that God's Spirit is at work—preparing hearts, giving us words, and drawing people to Christ. 1 Peter 3:15 reminds us to be ready to share our hope, but it is the Spirit who gives us the courage and wisdom we need. Rely on Him as you speak and trust Him with the results.

- What is one thing that you saw in today's passage that you can apply to your own life?
- When have you sensed the Holy Spirit helping you share your faith or giving you boldness?
- How can you depend more on the Holy Spirit in your conversations about Jesus?

# FAITHFULNESS

**Scripture Reading:** 2 Cor. 5:17–21; Matt. 13:1–9, 18–23

**Scripture Memory:** 1 Peter 3:15

God calls us to be faithful in sharing the gospel, leaving the results to Him. In 2 Corinthians 5:17–21, Paul describes believers as “ambassadors for Christ,” entrusted with the message of reconciliation. Our role is to represent Jesus and share His message, not to control how people respond. In the parable of the sower (Matthew 13:1–9, 18–23), Jesus explains that the seed of God’s Word falls on different kinds of soil—some receive it, others do not. Our responsibility is to sow the seed faithfully, trusting God to bring growth in His timing. 1 Peter 3:15 reminds us to always be ready to share our hope, with gentleness and respect. Evangelism is a journey of faithfulness—praying, sharing, loving, and trusting God with the outcome. As you finish this week, remember that your faithfulness in evangelism honors God, regardless of the visible results.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- How can you stay encouraged and faithful in sharing the gospel, even when you don’t see immediate results?
- What practical steps can you take to be a consistent ambassador for Christ in your daily life?

Highlight ➤ Explain ➤ Apply ➤ Respond



# ANCHORED IN REST (SABBATH)

**Scripture Reading:** [Genesis 2:1-3](#); [Exodus 20:8-11](#)

**Scripture Memory:** [Matthew 11:28-29](#)

From the very beginning, God established a rhythm of work and rest. After six days of creation, God rested on the seventh day, blessing it and making it holy (Genesis 2:1-3). Later, He commanded His people to “remember the Sabbath day, to keep it holy” (Exodus 20:8-11). Sabbath is not just about physical rest, but about setting aside time to remember God’s goodness and provision. Jesus invites us to come to Him for true rest—not just for our bodies, but for our souls (Matthew 11:28-29). Sabbath is a gift, reminding us that our worth is not found in our productivity, but in being God’s beloved children. As you begin this week, consider how you can embrace God’s design for rest and trust Him with your time.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- How does God’s example of rest challenge your view of work and busyness?
- What practical steps can you take to set aside regular time for Sabbath rest?

# REST IN GOD'S PROVISION

**Scripture Reading:** Exodus 16:13–30; Deut. 5:12–15

**Scripture Memory:** Matthew 11:28–29

When God provided manna for the Israelites in the wilderness, He commanded them to gather enough for six days, but none on the seventh (Exodus 16:13–30). This was a test of trust—would they believe God would provide even when they stopped working? Sabbath rest is an act of faith, reminding us that God is our provider, not our own efforts. In Deuteronomy 5:12–15, the Sabbath command is tied to remembering God's deliverance from slavery. Rest is a declaration that we are no longer slaves to work, fear, or anxiety. Jesus echoes this invitation in Matthew 11:28–29, calling us to lay down our burdens and find rest in Him. When we honor the Sabbath, we declare our dependence on God and His faithfulness to meet our needs.

- What is one thing that you saw in today's passage that you can apply to your own life?
- In what areas of your life do you struggle to trust God's provision enough to rest?
- How can practicing Sabbath help you grow in faith and dependence on God?

# REST FOR BODY, MIND AND SOUL

**Scripture Reading:** Psalm 23:1–6; Mark 6:30–32

**Scripture Memory:** Matthew 11:28–29

God cares about every part of us—body, mind, and soul. In Psalm 23:1–6, David describes the Lord as his Shepherd who makes him lie down in green pastures and leads him beside still waters, restoring his soul. Jesus modeled this rhythm of rest for His disciples. After a busy season of ministry, He said, “Come away by yourselves to a desolate place and rest a while” (Mark 6:30–32). True Sabbath rest is more than just taking a break from work; it’s about being refreshed in God’s presence, letting Him restore us from the inside out. Jesus invites us to come to Him with our weariness and burdens, promising rest for our souls (Matthew 11:28–29). As you seek Sabbath rest, remember it’s not just about stopping, but about being renewed by God’s love and care.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- Which part of your life—body, mind, or soul—most needs God’s restoring rest right now?
- What would it look like for you to intentionally seek God’s presence during your Sabbath rest?

Highlight ➤ Explain ➤ Apply ➤ Respond

# WORSHIP AND DELIGHT

**Scripture Reading:** [Matthew 6:5–13](#)

**Scripture Memory:** [Romans 12:12](#)

Sabbath is not just about ceasing from work—it's about delighting in God and worshiping Him. Isaiah 58:13–14 calls us to “call the Sabbath a delight and the holy day of the Lord honorable.” When we set aside time to rest, we're invited to enjoy God's presence, His creation, and His blessings. Psalm 92, a song for the Sabbath, overflows with praise for God's faithfulness and steadfast love. Sabbath is a time to remember who God is and what He has done, letting gratitude and worship fill our hearts. Jesus' invitation in Matthew 11:28–29 is not just to rest, but to find joy and renewal in Him. As you practice Sabbath, let it be a day of worship, joy, and delight in the Lord.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How can you make your Sabbath a time of genuine worship and delight in God?
- What activities or practices help you experience joy and gratitude during your rest?

# RESTING IN CHRIST, OUR TRUE SABBATH

**Scripture Reading:** [Hebrews 4:1–11](#); [Col. 2:16–17](#)

**Scripture Memory:** [Matthew 11:28–29](#)

The Sabbath was always meant to point us to something greater—rest in Christ Himself. Hebrews 4:1–11 explains that there remains a “Sabbath rest for the people of God,” and that rest is found by trusting in Jesus’ finished work. We no longer strive to earn God’s favor; instead, we rest in His grace. Colossians 2:16–17 reminds us that the Sabbath was a shadow, but the substance belongs to Christ. Jesus invites us to come to Him, lay down our burdens, and find true rest for our souls (Matthew 11:28–29). Sabbath is not just a day, but a lifestyle of trusting Jesus every moment. As you finish this week, remember that your deepest rest is found in Him—now and forever.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- What does it mean for you to rest in Christ, not just on the Sabbath, but every day?
- How can you remind yourself of Jesus’ finished work when you feel weary or burdened?

# ANCHORED IN FASTING

**Scripture Reading:** Joel 2:12-13; Isaiah 58:3-7

**Scripture Memory:** Matthew 6:17-18

Fasting is more than just going without food—it's a spiritual discipline that draws us closer to God. In Matthew 6:16-18, Jesus assumes His followers will fast, but He warns against doing it for show. True fasting is about humbling ourselves before God, seeking Him with sincerity. Joel 2:12-13 calls God's people to return to Him with all their heart, "with fasting, with weeping, and with mourning." Isaiah 58:3-7 reminds us that God desires a fast that leads to justice, compassion, and genuine repentance. Fasting helps us set aside distractions and focus on God's presence, aligning our hearts with His will. As you begin this week, consider what it means to fast with the right motives—seeking God, not the approval of others.

- What is one thing that you saw in today's passage that you can apply to your own life?
- What is your main motivation for fasting, and how can you keep your focus on God?
- How might fasting help you become more aware of God's presence and your need for Him?

# FASTING FOR GUIDANCE AND CLARITY

**Scripture Reading:** Acts 13:1-5; Ezra 8:21-23

**Scripture Memory:** Matthew 6:17-18

Throughout Scripture, God's people fasted when they needed direction and clarity. In Acts 13:1-5, the early church fasted and prayed, seeking God's guidance for their mission. As they worshiped and fasted, the Holy Spirit spoke, setting apart Barnabas and Saul for ministry. Ezra 8:21-23 describes Ezra calling a fast before a dangerous journey, asking God for protection and guidance. Fasting is a way to humble ourselves, acknowledge our dependence on God, and listen for His voice. Jesus reminds us in Matthew 6:17-18 that fasting is seen by our Father, who rewards us as we seek Him sincerely. When you face important decisions or uncertainty, fasting can help you quiet the noise, focus your heart, and discern God's leading.

- What is one thing that you saw in today's passage that you can apply to your own life?
- When have you needed God's guidance and clarity in your life? How did you seek Him?
- How could fasting become a regular part of your process for making important decisions?



# FASTING FOR REPENTANCE AND RENEWAL

**Scripture Reading:** [Neh. 1:3–11](#); [Dan. 9:1–5, 17–19](#)

**Scripture Memory:** [Matthew 6:17–18](#)

Fasting is often connected with repentance—a heartfelt turning back to God. When Nehemiah heard about Jerusalem’s broken walls, he mourned, fasted, and prayed, confessing the sins of his people and seeking God’s mercy (Nehemiah 1:3–11). Daniel also fasted and prayed, confessing the sins of Israel and pleading for God’s forgiveness and restoration (Daniel 9:1–5, 17–19). Fasting helps us recognize our need for God’s grace and brings us to a place of humility and dependence. Jesus teaches that when we fast, we do so before God, not for the approval of others (Matthew 6:17–18). Fasting for repentance is not about earning God’s favor, but about opening our hearts to His renewing work. As you fast, let it be a time to confess sin, receive forgiveness, and experience spiritual renewal.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- Is there an area of your life where you need to seek God’s forgiveness and renewal?
- How can fasting help you draw near to God in times of repentance?

# SPIRITUAL STRENGTH AND BREAKTHROUGH

**Scripture Reading:** [Matthew 4:1-11](#); [Isaiah 58:6-9](#)

**Scripture Memory:** [Matthew 6:17-18](#)

Fasting is a way to seek God's strength in times of temptation and spiritual battle. In Matthew 4:1-11, Jesus fasted for forty days in the wilderness before facing the devil's temptations. He relied on God's Word and the power of the Spirit, showing us that fasting can prepare us for spiritual challenges. Isaiah 58:6-9 describes the kind of fast God desires—a fast that loosens the bonds of wickedness, sets the oppressed free, and brings light in the darkness. Fasting is not just about personal discipline; it's about seeking God's power for breakthrough, justice, and freedom. Jesus reminds us in Matthew 6:17-18 that God sees our fasting and rewards us. When you face struggles, temptations, or need a breakthrough, fasting can help you depend on God's strength and invite His transforming work.

- What is one thing that you saw in today's passage that you can apply to your own life?
- What spiritual battles or challenges are you facing that require God's strength?
- How might fasting help you experience breakthrough or freedom in a specific area of your life?

# WORSHIP AND INTIMACY WITH GOD

**Scripture Reading:** Luke 2:36–38; Psalm 63:1–8

**Scripture Memory:** Matthew 6:17–18

Fasting is ultimately about drawing closer to God and deepening our relationship with Him. In Luke 2:36–38, Anna, a prophetess, worshiped God with fasting and prayer for many years, longing for the coming of the Messiah. Her devotion was an act of love and worship, not just duty. Psalm 63:1–8 expresses a deep hunger and thirst for God, a longing to experience His presence and steadfast love. Fasting helps us set aside distractions and focus our hearts on God, seeking Him above all else. Jesus reminds us in Matthew 6:17–18 that our Father sees what is done in secret and rewards those who seek Him sincerely. As you fast, let it be an act of worship—an expression of your desire to know God more deeply and to delight in His presence.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How can you use fasting as a way to worship God and grow in intimacy with Him?
- What distractions might you need to set aside to focus more fully on God during a fast?

# ANCHORED IN STEWARDSHIP

**Scripture Reading:** Psalm 24:1–5; Genesis 1:26–31

**Scripture Memory:** 1 Corinthians 4:2

Stewardship begins with recognizing that everything belongs to God. Psalm 24:1 declares, “The earth is the Lord’s and the fullness thereof, the world and those who dwell therein.” From the very beginning, God entrusted humanity with the care of His creation (Genesis 1:26–31). We are not owners, but stewards—managers of God’s resources, time, talents, and opportunities. This truth shapes how we view our possessions, our work, and even our relationships. 1 Corinthians 4:2 reminds us that faithfulness is the mark of a good steward. God calls us to use what He has given us for His glory and the good of others. As you begin this week, reflect on what God has entrusted to you and how you can honor Him with it.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- What resources, abilities, or opportunities has God entrusted to you?
- How does knowing that God owns everything change your attitude toward what you have?

# FAITHFUL WITH FINANCES

**Scripture Reading:** **Matt. 6:19–24; 2 Cor. 9:6–11; Tim. 6:17–19**

**Scripture Memory:** **1 Corinthians 4:2**

Money is one of the most tangible areas where stewardship is tested. Jesus teaches in Matthew 6:19–24 that we cannot serve both God and money. He calls us to store up treasures in heaven, not on earth, reminding us that our hearts follow our investments. Paul encourages generous giving in 2 Corinthians 9:6–11, promising that God loves a cheerful giver and will supply all our needs so we can abound in every good work. In 1 Timothy 6:17–19, believers are urged not to put their hope in wealth, but to be rich in good deeds, generous, and willing to share. As stewards, we are called to manage our finances with wisdom, generosity, and eternal perspective. 1 Corinthians 4:2 reminds us that faithfulness is required of stewards. As you consider your finances, ask God to help you honor Him with every dollar.

- What is one thing that you saw in today's passage that you can apply to your own life?
- In what ways can you practice generosity and wise stewardship with your finances?
- How does your approach to money reflect your trust in God as your provider?

Highlight ➤ Explain ➤ Apply ➤ Respond

# TIME AND TALENTS

**Scripture Reading:** Eph. 5:15–21; Rom. 12:3–8;  
Col. 3:23–24

**Scripture Memory:** 1 Corinthians 4:2

Time and talents are gifts from God, entrusted to us for His purposes. Ephesians 5:15–21 urges us to “look carefully then how you walk, not as unwise but as wise, making the best use of the time.” Every day is an opportunity to serve God and others. Romans 12:3–8 teaches that we each have unique gifts, given by God’s grace, to be used for building up the body of Christ. Whether your gifts are teaching, serving, encouraging, or leading, God calls you to use them faithfully. Colossians 3:23–24 reminds us to work heartily, as for the Lord and not for men, knowing that our true reward comes from Him. 1 Corinthians 4:2 again calls us to be faithful stewards. As you reflect on your time and talents, consider how you can invest them in ways that honor God and bless others.

- What is one thing that you saw in today’s passage that you can apply to your own life?
- What gifts or abilities has God given you, and how are you using them for His glory?
- How can you be more intentional with your time to serve God and others this week?

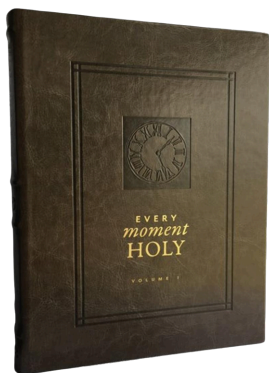
# CREATION AND RELATIONSHIPS

**Scripture Reading:** [Gen. 2:15](#); [Ps. 8:3–9](#); [Rom. 12:9–18](#)

**Scripture Memory:** [1 Corinthians 4:2](#)

God's call to stewardship extends beyond money and talents—it includes caring for His creation and our relationships. In Genesis 2:15, God placed Adam in the garden “to work it and keep it,” showing that creation care is part of our original purpose. Psalm 8:3–9 marvels at humanity's role in God's world, entrusted with responsibility over all He has made. Stewardship also means nurturing healthy, loving relationships. Romans 12:9–18 calls us to genuine love, hospitality, peace, and humility in our interactions with others. Every relationship is an opportunity to reflect Christ's love and grace. 1 Corinthians 4:2 reminds us that faithfulness is required of stewards in every area. As you consider your impact on the world and those around you, ask God to help you honor Him in how you care for creation and love others.

- What is one thing that you saw in today's passage that you can apply to your own life?
- How can you be a better steward of God's creation in your daily life?
- What steps can you take to strengthen and honor your relationships as part of your stewardship?

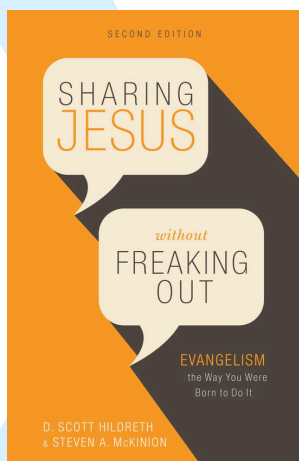


## Every Moment Holy

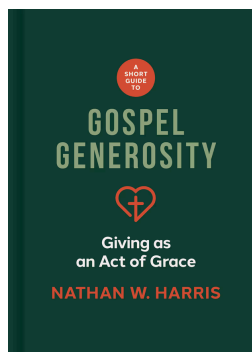
Every Moment Holy offers liturgies for everyday moments—like feasting with friends, doing laundry, or lighting the first hearth fire—to remind us that even the ordinary is sacred. These guided prayers aim to help us notice God’s constant presence and recognize the eternal significance woven into each moment.

## Sharing Jesus Without Freaking Out

What if sharing your faith felt as natural as talking about your job, family, or hobbies? Sharing Jesus without Freaking Out shows that evangelism doesn’t have to be awkward or pressured—it’s simply having everyday conversations with intentionality. By listening well and building relationships, anyone can naturally share Jesus as part of daily life. This book isn’t a theology textbook; it’s a practical guide to making gospel conversations a normal part of how you live. No stress. No freaking out.







## A Short Guide to Gospel Generosity

We live in a culture obsessed with money and possessions—always wanting more, yet never feeling secure. This mindset often extends to how we handle all of God’s gifts: our time, talents, families, and even our lives. Gospel Generosity points to the Gospel as the only cure for this self-focused grip. Rooted in God’s sacrificial gift of His Son, true generosity flows from a transformed heart—one that holds resources loosely and gives joyfully for God’s purposes. This book invites readers to see all they have as God’s and to give as a response to what Christ has done. Generosity begins with the Gospel and exists to advance it.

All these books and more are available online at [www.fitbooks.com](http://www.fitbooks.com) or by visiting the Ocoee FIT Books store at 9567 W Colonial Dr. Ocoee, FL 34761

**Worship Playlists, PDF booklets, and others**





# **GATHERING TIMES**

**Traditional Service  
8:30 am**

**Life Groups  
9:45 am**

**Contemporary Service  
11 am**

**Wednesday Groups  
6:30 pm**



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