



TWENTY - ONE DAYS OF
Prayer + Fasting

ABOUT THIS FAST

Thank you for joining our 21 Day Fast. We trust that seeking God will bring significant changes in your life. Fasting resets our soul and refreshes us. Keep these points in mind as you start:

Remember Your Purpose: You might feel physical or emotional effects when fasting, whether from food or activities like social media. Remember, this is to connect with God and seek His guidance. Stay focused on this goal, especially when it's challenging.

It's about Him: As we fast together as a church, there will be others experiencing what it is like to be in a fast just like you. However, you will also experience people in your life that are not going through our fast. Remember to not boast on yourself or complain on the challenges of the fast. But when you fast, anoint your head and wash your face, so that your fasting will not be obvious to men, but only to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you. - Matthew 6:17-18

Stay Positive: Avoid dwelling on what you're missing or complaining. Instead, praise God and remember the fast's aim is to grow closer to Him, not to highlight our sacrifices. Show Yourself Grace: If you slip up, don't be harsh on yourself. Pray for forgiveness, and remember God's grace is strong. Continue seeking His will. Don't quit.

Listen to Your Body: Pay attention to your body's needs and don't push beyond your limits. The fast should strengthen faith, not harm you physically. Consult a doctor if needed, and consider supplements for health.

Make it a Sacrifice: Pray and seek guidance from God on what path He would have you to take. While you must understand that it is important to not land on something so difficult that you are unable to focus on the voice of God, it also must be a sacrifice that sets your mind on understanding the challenge and dynamic of denying something to pursue the face of God.

Fasting has a Purpose, Beyond Now: Many people understand starting the year with prayer and fasting as they seek God for His face for the new year, but often don't think about the power of prayer and fasting at other times. Throughout the year, if you feel the need to pray over something in your life, we encourage you to use our guides and use fasting as a means to seek His face throughout the year.

Turn over for common fast types.

COMMON FAST TYPES

Daniel Fast: This fast is inspired by the prophet Daniel, who chose to honor God by setting aside rich and indulgent foods. During a Daniel Fast, you avoid all animal products and instead eat fruits, vegetables, whole grains, legumes, nuts, and seeds. While denying your body of the foods they enjoy, you take time to draw closer to God through prayer and Scripture practicing discipline and dependence on Him.

Modified Daniel Fast: This is a flexible version of the Daniel Fast. The focus remains on simplicity and spiritual devotion, but you may allow slight adjustments — for example, including bread or allowing one small meat-based meal. This option works well for those with dietary needs or medical concerns while still honoring the spirit of fasting.

One-Meal-a-Day Fast: With this fast, you intentionally skip one meal each day and dedicate that time to prayer, worship, and Bible reading. It's a powerful reminder that our spiritual hunger for God is greater than our physical hunger. Each time you feel that longing for food, you can turn it into a moment of connection with God.

Possession or Entertainment Fast: Fasting is not only about food — sometimes the things we own or the media we consume can quietly take too much space in our hearts. With this fast, you intentionally step away from something meaningful to you — such as TV, gaming, shopping, or a favorite hobby — and replace that time with intentional time with God. This helps refocus your heart on what truly matters.

Social Media Fast: In our nonstop digital world, social media can easily distract us from God's voice. A social media fast means stepping away from platforms like Facebook, Instagram, TikTok, or others for a set period of time. During those moments when you'd normally scroll, you choose instead to pray, worship, reflect, or read Scripture. Many people find this brings surprising clarity and peace.

Turn over for info about our fast.

DAY 1 - FASTING IS ABOUT SEEKING GOD

James 4:8 NLT: Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

Jeremiah 29:13 NIV: You will seek me and find me when you seek me with all your heart.

Have you ever been driving and, while trying to find a location, you reach down and turn off the music because you can't "see" where you're going? The music isn't actually blocking your vision, but it adds to the distractions that keep you from finding your destination. Turning down the music allows you to better focus on your goal and mission – getting to where you're going.

In our lives, we often have things that compound and combine with other things to become distractions that prevent us from focusing on God and His will for us. Some of these things may seem small, but they can make a big impact on keeping our eyes from focusing on Him. Prayer and fasting are a great way to draw near to God and "turn down" the other noises in our lives so we can put our focus back on Him.

How? I'm glad you asked. When you started this fast, you chose something to give up. You may be thinking, "I gave up meat for this fast. How is that distracting me from God?" Some of you gave up things that you already knew were direct distractions – like social media or certain activities. Others chose something that wasn't necessarily a distraction on its own, but was meant to help you think about what is distracting you. Giving up meat may not be what keeps you from seeing God's will, but as you fast and experience what it means to sacrifice something your body desires, God may begin to spotlight the true distractions He is calling you to lay down for Him.

Throughout this fast, take intentional time to pray and seek God. Ask Him to reveal His nature to you and to show you new revelations of who He is. Also ask Him to shine a light on the distractions in your life. Seek Him about what is stopping you from being able to "see" Him for who He truly is.

Pray: God, thank You for giving me this opportunity to drop off some distractions in my life. As I take this time to find new understanding of who You are, help me to turn down things that are distracting me from getting to Your presence. Remind me of who you are, what Your Son did for me, and send Your Holy Spirit to guide me and grow in you. As I go through this fast, if I become distracted from You, forgive me and help me not give up and seeking You. Thank You for Your love and what You will do over the next 21 days. Amen.

DAY 2 - FASTING IS AN ACT OF HUMILITY

Ezra 8:21 NIV: There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

1 Peter 5:6 NIV: Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

I know you are probably not like me. You are the most humble person in the world. You don't struggle with pride or thinking too highly of yourself. You would NEVER go around taking credit for something that you didn't actually do. That's great, because no one likes a bragger. I am working on it — pray for me.

When a fast is done correctly, it is a great opportunity to learn humility. You will deny yourself things that you desire. You may slip up and make mistakes and have to deal with that. You may also be so excited about doing the fast well that you want to shout it from the rooftops. But that's not what the fast is about. God is such a mighty God, and Scripture reminds us that all good things come from Him. Even when we think we have successes in life, where did they come from? God desires to have communion with you. Just like parents here on Earth, He desires to spend time with His children. But there are some things that have to be left at the door of His presence — one of them being pride.

As you continue to participate in this fast, remember to remain humble. Do not brag to others about your fast. Fasting isn't about you — it's all about Him. If our goal is not drawing near to God and removing the things that keep us from Him, we have missed it. If you slip up and get on social media or eat the thing you gave up, repent and move back into your fast. Part of humility is understanding how to deal with failure in the right way and not giving up. This fast will test you. Cling to God — He will be with you every step of the way.

Pray: God, you are a mighty God. Thank you for your presence I have already felt during this fast. I ask You today to teach me Your humility. Guide me to set aside pride in what I think I have done and remind me that all good things come from You. Help me to never let my failures lead to my quitting. Shine light into the things that are keeping me from a life of humility and lead me to a desire to remove those things from my life never to come back to them again. God, if I fail and make mistakes, help me not focus on what I have done wrong but rather how I can draw closer to you. I love You and I thank you for Your Son and Your Spirit. Amen.

DAY 3 - FASTING HELPS US SEEK GOD'S WILL

Acts 13:2-3 NIV: While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off.

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

I bet you could quote one of the most popular verses in the Bible — Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

So good, right? But when you read that Scripture, do you keep reading? You already did this week. Verse 13 reminds us that we will find Him when we seek Him with our whole heart — unrestricted and fully open to God.

If you know much about Barnabas and "Saul," who later became Paul, you know that these two were very influential in the New Testament. Paul became one of the most influential people in the NT aside from Jesus, and Barnabas was the one who first vouched for Saul. This small portion of Scripture reveals so much. You see that the people were fasting, and they heard the Holy Spirit. Then, they listened. They sought God about what this looked like and the mission He had set for them. And then they did it.

Seeking God and His will is one of the primary purposes of fasting. Earnestly seek Him. He has plans for your future. But don't get that twisted. God had great plans for the ministries of Barnabas and Paul, but those plans didn't come without trials. They were responsible for great growth in the early church, and Paul was responsible for much of the writing of the New Testament. But they were persecuted, Paul was imprisoned, and they faced many challenges.

During this fast, seek Him. Seek His will. Accept the trials as ultimately working for God's good. He is a good God. You can trust Him. He's got this — and He's got you.

Pray: God, thank you for your Son that saved me from a future of total separation from you. Jesus and His sacrifice is the ultimate Hope for the world. God, show me Your face and help me set my preferences aside. I want Your will in my life. Nothing more, nothing less. Turn off the distractions and help me hear. Send people in my life to help confirm and want to support Your will in my life. Praise Your mighty Name. Amen.

DAY 4 - FASTING HELPS US OVERCOME FLESH

Galatians 5:16 NIV: So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

1 Corinthians 9:27 NIV: No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Today, we are discussing how fasting helps us overcome the flesh. But I want to do it a bit different today. Today, let's let the scripture teach us and read His Word.

1 Corinthians 9:24-27: Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

When a runner competes, they have to prepare. If I were to run a race right now, it would not be good. I have to stretch, practice, and get my body and mind ready. The race is going to hurt. It is going to have obstacles that I have to deal with. But if the goal is to win, we do it. We work. We endure. When our body says, "I can't do this," we show it that we can. We refuse to let the pain win.

If you want to win the spiritual race, it's the same concept. Your flesh is going to tell you to stop. It's going to remind you how good your desires feel. It's going to do what it can to convince you to quit. But if you want the crown that lasts forever, you must deny your flesh. Just like a runner who keeps going through the pain of the race, we have to shut out the noise, look ahead, and run. The finish line is coming. The prize is ahead. Are you ready to take hold of it? (Also, are you loving how each day builds on the last?)

Pray: God, thank you for the plans you are revealing for me. Thank you for the race you have set before me. Help me train for this race and prepare my heart and soul for this race. Remove distractions and help me to not listen when my flesh and worldly desires want me to stop and go on the wrong path. When my flesh becomes loud, let Your presence become louder. Block out what my body wants me to do and keep me in tune and on the path of Your good plans. Praise You, God. Amen.

DAY 5 - FASTING DEEPENS PRAYER

Ezra 8:23 NIV: So we fasted and petitioned our God about this, and he answered our prayer.

Acts 14:23 NIV: Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Have you ever noticed that when life gets busy, prayer can become something we “fit in” instead of something we truly enter into? We may pray on the go, whisper a quick prayer before bed, or talk to God when something is wrong – but fasting slows us down long enough to really listen.

When you fast, prayer becomes more intentional. Your hunger, your cravings, and even your struggles during the fast become reminders to turn your heart toward God. Instead of just talking about God, you begin talking to Him.

Prayer isn't about fancy words. It isn't about sounding spiritual. It's simply conversation with the God who loves you – the One who already knows your heart, your fears, your questions, and your needs. Fasting creates space where those conversations become deeper and more honest.

And sometimes, prayer during a fast may feel quiet. You may not always “feel” something. But that doesn't mean God isn't listening. He hears you. He sees your obedience. He knows your desire to seek Him.

Use this fast as a reminder to talk to Him more – about everything. The struggles. The victories. The doubts. The needs. The gratitude. All of it. Prayer isn't a task on a checklist. It's relationship. And fasting helps us lean into that relationship in a fresh way. Prayer is literally part of this whole thing, Prayer and Fasting. We will be doing a deep dive into prayer for a whole week next week. But for today. We focus on praying during a fast when you just want what you gave up.

So today, slow down a little. Take a breath. Talk to Him – and listen. He loves spending time with you more than you realize.

Pray: God, thank you for Your love, Your grace, and Your forgiveness when I make mistakes or fall short of Your Glory. Thank You that Your mercies are new every morning. God, when I don't know why, how, or when to pray; remind me that You already know. You just want to spend time with me. Help me not just to talk but to listen. Give me eyes to see, and ears to hear what you say to me. Amen.

DAY 6 - FASTING CAN BRING BREAKTHROUGH

Isaiah 58:6 NIV: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Joel 2:12 NIV: "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

One of the most intense things we experience in life is blowing up a balloon. We blow and blow, and then if we don't stop... BOOM, it pops. Sometimes you feel like it's never going to pop. Cheeks get tired, nerves get tense. But, eventually, even though you never know when, there is a release and change happens.

Spiritually, life can feel the same way. There are seasons where pressure builds. You've prayed, waited, and hoped, but nothing seems to shift. That's one of the reasons fasting is so powerful. When we intentionally deny ourselves and seek God, we invite Him into those pressured places. Fasting is often the space where God begins to bring release.

Breakthrough doesn't always mean everything instantly changes. Sometimes God shifts the situation. Other times, He strengthens you, grows your faith, and gives you peace you didn't have before. Either way, He's working.

And yes — during a fast, the pressure can even feel stronger. Old struggles may show back up. Temptation may increase. But don't be discouraged. Many times the hardest moments come right before breakthrough. The enemy would love for you to give up, but God is faithful. He sees you, He knows what you're carrying, and He is near.

As you continue this fast, bring your burdens honestly to Him. Ask Him to break what needs to be broken and heal what needs to be healed. Even when you don't see instant results, trust that He is moving. Cling to Him. Stay faithful. He's closer than you think.

Pray: God, thank you for the past 6 days. You are working in my life and I am thankful for the growth You are providing for me. God, I come to you today seeking you about _____. God, I now know I cannot handle this on my own. God, whether it be today, tomorrow, or whenever you decide; ultimately You will provide me with the breakthrough. When this time comes, remind me to always give You the glory and honor You deserve. I know You have me and will never let me go. In the powerful name of Jesus we pray, Amen.

DAY 7 - FASTING IS WORSHIP TO GOD

Romans 12:1 NIV: Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Psalms 63:1 NIV: You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.

We've talked a lot this week about what fasting does in us — helping us seek God, humble ourselves, discipline our flesh, and trust Him more. But at the end of the day, fasting is really about one simple thing:

Worship.

When you fast, you are saying to God, "You matter more." More than comfort. More than cravings. More than routine. More than what your flesh wants. Fasting is a way of reminding your heart that God is your greatest desire.

In life, it's easy for other things to quietly take that first place in our hearts — busyness, success, relationships, entertainment, distractions. None of those things may be bad on their own, but they can slowly shift our focus away from God without us even noticing. Fasting helps reset our hearts. It clears the noise. It helps us remember who deserves our devotion.

And worship isn't just singing songs. Worship is surrender. Worship is trust. Worship is choosing God — even when it costs you something. When you fast, you are offering yourself to Him in a fresh way. You are saying, "God, I want You more than anything else."

As you finish this first week of fasting, take a moment and simply worship Him. Not because you want something from Him. Not because you're hoping for a result. But simply because He is worthy.

Thank Him. Love Him. Honor Him.

Let your fast be an offering — not about what you lose, but about who He is.

Because at the end of the day, fasting isn't really about what you're giving up. It's about Who you're drawing near to.

Pray: Father, thank you for what You have revealed this week. For Your grace and mercy, I thank You. For the times I have failed this week, I ask forgiveness. Remind me that it's not the songs that I sing that is worship, it is my life that I offer to you. May it be a sweet, sweet sound in Your ear. Guide me these next two weeks. Give me the strength to not give up. I need You, God. I cannot do this without You. Love you, amen.

DAY 8 - THE PURPOSE OF PRAYER

Philippians 4:6-7 NIV: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

We've been hanging out for a week now, and I feel like we really know each other. Can I be honest? I have pride issues. If something needs to be done, I feel like I have to do it. If I mess up, no one can know. If I can't do it, then it must not be possible. That means I rely on myself for everything. Maybe that's how I was raised, or maybe it's something deeper. I know you don't struggle with that, but thank you for listening to my problems.

As we said the other day, prayer is one of the key parts of this whole journey. When people want to get healthy, they usually need to do two things: diet and exercise. Both are essential to reach the goal. Prayer is one of the key ingredients in this whole prayer-and-fasting thing. Admittedly, it can be intimidating — and in some ways, it should be.

Why do we pray? To commune with God. To talk with Him. And also to listen to what He wants to say to us. The Scripture above is such a great reminder of why we pray. We shouldn't worry about anything. Don't let the problems of this life weigh you down. But if you have a need, what are we supposed to do? Let our requests be made known to God. I love what it says before that — and I think we sometimes miss it — with thanksgiving. We shouldn't come to God with a fearful heart. We should be thankful that our God gives us a way to bring our needs to Him. We have a way to talk with Him. We have a way to learn what He desires for us. How exciting is that?

I love the next part: "and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." What does that mean? It means that no matter what God's answer is, when we trust Him, His peace will cover our lives. Through it all, we know that He is good and His plans for us are good.

So... what's the purpose of prayer? It is our telephone to talk to the Creator of the universe — the One who loves us more than anything. Talk to Him. Let Him talk to you. Jesus is on the main line; tell Him what you want. The line is always open.

Pray: God, I am thankful for what You have shown me over the past week and I am thankful for what You have yet to show me during this fast. Thank You for the gift of prayer. Give me wisdom and understanding that just like with those on earth that I love, it's not about saying the most elaborate things, but just communicating — spending time together. God, teach me how to grow in prayer, and help me learn how to be a better listener when You speak. I praise You for what You have for me, amen.

DAY 9 - THE LORD'S PRAYER

Matthew 6:9-13 NKJV: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 6 does such a great job of giving us a roadmap of how we can pray to God. No overthinking, just how to talk to God. We have broken down the Lord's Prayer below to help you see a great method to use when praying.

1. **Addressing God** (Verse 9): "Our Father in heaven" – This opening emphasizes our relationship with God as a loving Father and acknowledges His divine authority and holiness. It invites us into a personal connection with Him.
2. **Desire for His Kingdom** (Verse 10): "Your kingdom come, your will be done, on earth as it is in heaven" – We express our desire for God's kingdom to be established and for His will to guide our lives. This reflects our longing for divine order and righteousness in our world.
3. **Daily Provision** (Verse 11): "Give us today our daily bread" – This petition highlights our dependence on God for our physical needs, reminding us to seek Him for sustenance both spiritually and materially. It encourages trust in His provision.
4. **Forgiveness** (Verse 12): "And forgive us our debts, as we also have forgiven our debtors" – Here, we acknowledge our need for forgiveness and commit to extending that same grace to others. It underscores the importance of reconciliation and mercy in our relationships.
5. **Spiritual Guidance** (Verse 13): "And lead us not into temptation, but deliver us from the evil one" – We seek God's guidance and protection against sin and spiritual attack. This plea emphasizes our vulnerability and the need for His strength and deliverance. This also asks God to speak back to us; "lead us."
6. **Closing Doxology:** "For yours is the kingdom, the power, and the glory forever. Amen." – While not in all manuscripts, this closing affirms God's sovereignty and eternal nature, reminding us of the ultimate authority and glory of God and taking one more opportunity to praise Him. We are going to close the with the prayer again, but this time don't read it, pray it while now understanding what you are saying.

Pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

DAY 10 - THE POWER OF PRAYER

1 John 5:14-15 NIV: This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

James 5:16 NIV: Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Have you ever had your phone battery drop down to 1%? Suddenly you become a different person. You're hunting for a charger, unplugging lamps, crawling behind furniture, and guarding the outlet like your life depends on it. Why? Because you know that without power, your phone isn't much help. It still exists, but it's not functioning the way it was meant to.

Prayer is like that for our spiritual lives. It's not just a religious habit — it's how we stay connected to the source of true power. Sometimes we underestimate prayer. We treat it like the "last resort" instead of the first place we go. But Scripture reminds us that prayer actually does something. It matters. God listens. God responds. Things shift — sometimes in our situation, sometimes in our hearts, sometimes in ways we never even see.

And prayer isn't about having perfect words. It's not about sounding spiritual or deep. It's about talking honestly to the God who already knows what's going on and still wants to hear from you. It's about lifting others up before Him. It's about inviting Him into places we cannot fix on our own.

I bet if you look back over your life, there are moments where you can say, "Yeah... God answered that prayer." Maybe He provided when you didn't know how things would work out. Maybe He gave peace in the middle of anxiety. Maybe He healed. Maybe He restored something that felt broken beyond repair. Those aren't coincidences. Those are reminders that prayer is powerful and effective — just like Scripture says. So this week, let's lean into prayer together. Don't just pray for yourself — pray for someone else. Pray for your church. Pray for your family. Pray for the people God puts on your heart. And when you do, trust that God hears you.

Prayer is not empty words. Prayer is connection. Prayer is power. Prayer changes things — including us.

And just like that phone charger, the more we stay plugged in, the more strength, clarity, peace, and direction we'll have. So today... talk to Him. And keep talking.

Pray: God, thank you for the gift of prayer — a way to commune with You. Remind me that You have given us this gift because You love us and You are listening. My prayers to you do not simply float to the sky but are heard by You. I pray and believe that what I have been seeking You for is being heard and You are moving. Soften my heart to understand Your answer may not be my answer, but You are for me. Praise You for moving. Amen.

DAY 11 - PRAYING WITH FAITH

Mark 11:24 NIV: Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Have you ever ordered something online and then... just waited for it? You don't usually sit around wondering if it's real or coming. You don't question whether the package exists or try to see what you have to do to ensure the package arrives. You trust that it's on the way – even before you see it. You might even start clearing a spot for it or planning how you're going to use it once it arrives.

That's a small picture of what prayer with faith (and an understanding of a Godly prayer) looks like.

Now, today's verse isn't saying God is a vending machine – insert prayer, receive product. But it is reminding us that prayer and faith go hand-in-hand. How often do we pray asking God to do a work in an area, but not sure deep down He can or will do it? When we pray, we aren't just speaking words into the air hoping they get caught in the wind. We are talking to a real God – one who hears, one who cares, and one who is able.

Faith is choosing to trust God even before you see the outcome. It's believing that God is working, even when your situation hasn't changed yet. It's knowing that He is good, even when His answer looks different than what you pictured. (We don't like that, do we?) Faith isn't pretending everything is fine – it's trusting God in the middle of it, and having the posture of worship instead of the posture of worry.

Sometimes we pray small prayers because we don't want to be disappointed. But what if God is inviting us to pray boldly? What if He wants us to trust Him with the big things, the impossible things, the things we have quietly decided will never change?

This week as we continue to dive into prayer, ask God to grow your faith when you pray. Trust that He hears you. Trust that He loves you. Trust that He is able.

Pray boldly. Pray honestly. Believe that God is at work, even before you see it.

Pray: God, thank You for hearing me when I pray. Help me to come to You with faith – trusting that You are good, that You are able, and that You are working even when I can't see it yet. Grow my confidence in You. Teach me to pray boldly, honestly, and with a believing heart. If there is any doubt, fear, or hesitation in me, replace it with trust in who You are. I place my needs, my worries, and my hopes in Your hands – and I choose to believe that You are at work. Strengthen my faith, Lord. I trust You. Amen.

DAY 12 - PRAYER AND WORSHIP

Psalm 95:6 NIV: Come, let us bow down in worship, let us kneel before the Lord our Maker

Have you ever used a Swiss Army knife? It looks like one simple tool, but when you open it up, you realize it's actually a whole bunch of tools in one. A knife. Scissors. A screwdriver. A bottle opener. One thing, many purposes.

Take "Amazing Grace" as an example. It is probably one of the most well-known songs in the Christian world, but let's break it down a bit. "Amazing grace, how sweet the sound that saved a wretch like me. I once was lost, but now am found; was blind, but now I see."

It is a reflective prayer, reminding the one singing of the grace God gives us through the work of Christ. But it is also a way to corporately worship in a church setting.

We often think that prayer and worship are two totally separate elements. Prayer is talking to God, and worship is singing to God. But worship is so much more than changing the pitch of our voices. As we have already discussed, it is the posture in which we live our lives — a living sacrifice to God. It is thanking God for the blessings in our lives. It's singing about the might of our God.

Prayer is also so much more than just saying words and asking for blessings. It's thanking God for the blessings in our lives. It's telling God of His greatness and giving Him praise. See where I'm going with this? These things aren't exclusive. Prayer can be worship, and worship can be prayer. Some songs we sing are really lyrical prayers between us and God.

A great example of this is David. He was a songwriter. He wrote songs to the Lord, but if you examine them at their core, many were prayers. Psalm 23 is a great example. It is a prayer of faith (see what I did there?) declaring that no matter where I go, God is with me. His rod and His staff comfort me. They were songs, but they were much more than that. They were the prayers of David crying out to God in the way he knew how.

So what do you do if this whole prayer thing feels like a lot and you don't know how to grow in your understanding of prayer? Turn on some worship music. Start singing. Start listening to the words. Start thinking about what you are singing. Let them be more than just sounds.

Today, our prayer is going to be a bit different. I want you to take a worship song that is really speaking to you right now. If you don't have one, find a playlist where you stream music. Take a moment and sing that song out loud — and let it become your prayer to God today. He is going to move.

Pray: (Insert worship song of your choice here.)

DAY 13 - PRAYING IN TOUGH TIMES

1 Thessalonians 5:16-18 NIV: Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Have you ever had one of those days where it feels like everything goes wrong, and then you walk outside to find a flat tire just to top it off? In that moment, nobody says, "God, what a great day for a flat tire. Thank you for this blessing." Usually it's more like sighing, frustration, things we shouldn't say, and wondering why this had to happen today of all days.

But then we read Scripture and see "give thanks in all circumstances..." What does that even mean? I don't know about you but I don't typically go around praising God every time I hit my toe or get sick. I don't think that is what it is meaning, but what I have discovered from this scripture is fascinating.

We all want the blessings. We all want the good life. But often, that is not what we get. Don't forget, the Bible is clear: you will have trouble. But do we genuinely give thanks to God when it gets hard? I would also challenge and ask when was the last time you genuinely thanked God when He blessed you? But that's not today's topic.

There is a great worship song I love called "Hills and Valleys" by an artist Tauren Wells that the lyrics go: *"On the mountains, I will bow my life to the One who set me there. In the valley, I will lift my eyes to the One who sees me there. When I'm standing on the mountain, I didn't get there on my own. When I'm walking through the valley I know I am not alone."* It is a prayer and a posture. God, no matter what, I will look to you. I have faith that You're not done and I will look to you. It removes and shifts our worries to praise. Shifts our thinking and our focus.

Another great song called "What a God" has these lyrics: *"If the highest place I reach is at Your feet, then I've done it all. If the best thing that I've seen is Your glory, then I've seen it all. Your love has changed my life, forever satisfied. God, You are my everything. If one word is the only thing You speak, then I've heard it all. If I feel Your heart and never see Your hand, I still have it all. No treasure of this life could ever satisfy. God, You are my everything."* It is such a great reminder of shifting from our trouble to our Savior. God, if nothing good ever happens in my life again, You are still good. How many times can you say that prayer and mean it?

Pray: God, thank you for Your Son. Thank you for Christ who gave His life for me and drank from the bitter cup. God, I don't want tough times to come into my life, but just as Jesus prayed, let Your will be done. If and when I face trials, please remind me where my help comes from — the Lord, maker of heaven and earth. Help me shift my posture to You and not on the problem. You will guide me through it. I only need to listen. Help me listen. Help me rejoice in all circumstances. Help me to always give you praise. Amen.

DAY 14 - THE IMPORTANCE OF LISTENING

Psalm 46:10 NIV: He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Have you ever been in a conversation and found out something to which you respond, "Why didn't you tell me that?" Then they say, "I did. You weren't..... listening." That just makes you so happy right? We have all been on both sides of that. No one is excited about hearing those words. For me, I LOVE to talk. But I don't always love to listen. There are two types of people. Some listen to talk, others listen to understand. Some only listen so they can interject and speak more. Others listen so that they can understand and guide. Bet you can't guess where I land.

In prayer, it is just as important to listen as it is to speak. We have said it many times this week, but prayer is a conversation that happens between you and God. Is it much of a conversation if God can't get a word in? Also, who would you rather talk, you or Him?

Sometimes it is very important to stop the rush, get quiet with the Lord - literally, and let Him speak. Now, if you're hoping to hear a loud voice come from the other room, results aren't typical. He can, but does He? Also, I would shy away from the "blinking light" or "waving curtain" prayers too. Again, He can, but not typically. Then, how do we listen and how does He speak?

God answers us in many different ways, but three of the most common are: 1. Scripture, 2. the Holy Spirit, and 3. others. God often speaks through Scripture because His Word is living and active, and the truth, direction, or comfort we need is already there. He also speaks through the Holy Spirit, who guides, convicts, encourages, and reminds us of what is true – always in alignment with Scripture. And sometimes God answers through others – a friend, pastor, mentor, or even a simple conversation that brings wisdom or confirmation to what He's already stirring in our hearts. Now... if what a friend or someone says to you contradicts what you feel the Holy Spirit is speaking, or if what you feel the Holy Spirit is speaking is contradictory to scripture; it is time to dwell and listen for clarity. The Holy Spirit will never contradict scripture and vice versa. Be quick to listen and slow to speak.

So when we pray, we should stay open to all three: 1. listening to God's Word, 2. being sensitive to the Spirit's leading, and 3. allowing godly people to speak into our lives. God may not always answer the way we expect, but He is always faithful to speak.

Pray: God, thank You that You still speak to Your people. Help me to recognize Your voice when You answer – whether it's through Scripture, through the Holy Spirit, or through others. Give me a heart that is open, humble, and willing to listen. Remind me to come back to Your Word, to be sensitive to Your Spirit, and to surround myself with people who point me toward You. Teach me to trust that You are faithful to lead me, even when I don't always see the full picture yet. I place my thoughts, my decisions, and my desires in Your hands, and I ask You to guide me clearly. In Jesus' name, Amen.

DAY 15 - THE POWER OF HIS PRESENCE

Matthew 18:19-20 ESV: Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.

Have you ever noticed that some moments just feel different when you're not alone? A celebration feels fuller when friends are there. A meal feels warmer when it's shared. Even a hard moment can feel lighter when someone sits beside you. There's something powerful about being together – and God designed it that way.

Jesus reminds us of this in Matthew 18:20. The scripture means there is a relational aspect to our faith that goes beyond just "me and God." Yes, our personal time with the Lord matters deeply. But God also moves in a special way when His people gather together in His name. Church isn't just an event. Small groups aren't just meetings. Prayer nights aren't just routines. They are places where God promises to be present.

When we worship together, pray together, open Scripture together, and encourage one another, something holy happens. God strengthens faith. He brings comfort. He builds unity. He reminds us we're not walking this journey alone. Sometimes His presence is felt through a word someone speaks, a prayer someone prays, a song sung together, or simply the warmth of knowing you belong.

So as we gather – whether in a church building, a living room, a coffee shop, or anywhere else – remember this truth: the Lord is in our midst. He is not distant. He is not watching from a distance. He is present – guiding, healing, uniting, and working among His people.

Let's not take that lightly. Let's lean into community. Let's show up for one another. And every time we gather in His name, let's do so with expectation... because Jesus has already promised to meet us there.

Pray: God, thank you for Your presence. Thank you that even if I feel alone, You promise to never leave or forsake me. Thank You, God, for the people you have brought into my life to strengthen my faith and help me on my walk with You. God I know you have ordained who You have placed in my path. Give them the courage to strengthen me, and give me the strength to encourage them. I pray when I gather with friends, family, or as a church; you will always meet us there. Let our spirits align with Your will and let Your sweet Spirit flow freely in our lives. We love you and praise you. Amen.

DAY 16 - THE GLORY OF HIS PRESENCE

Exodus 33:18-23 ESV: Moses said, "Please show me your glory." And he said, "I will make all my goodness pass before you and will proclaim before you my name 'The Lord.' And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. But," he said, "you cannot see my face, for man shall not see me and live." And the Lord said, "Behold, there is a place by me where you shall stand on the rock, and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by. Then I will take away my hand, and you shall see my back, but my face shall not be seen."

Have you ever stood outside a concert or a game and heard the noise from inside? You can hear the crowd, feel the bass, almost tell what's happening... but you're not actually in the room. You're close enough to know something exciting is going on, but far enough away that you're only getting a small taste of it. It's almost more frustrating than not hearing it at all, because you know there's more you're missing.

In Exodus, Moses makes this huge request to God: he asks to see God's glory. Not just a little encouragement. Not just an answered prayer. He wants to see God Himself. And God, in His kindness, lets Moses experience part of that, but not all of it. Moses can't see God's face, only His back as He passes by. Even a partial glimpse of God's glory is all Moses can handle.

What gets me is this: Moses had this incredible moment where he experienced just a portion of God's presence, and it was overwhelming. We read that and think, "Wow, that must have been incredible." But as followers of Jesus, we get something Moses didn't, the Holy Spirit living inside of us. God's presence isn't just passing by us; He actually dwells in us. And when we gather together in His name, His presence is there in our midst in a very real way.

We can get so used to that truth that we almost treat it as normal. Church becomes routine. Small group is just another night of the week. Gathering with other believers feels like something on the calendar. But if Moses could stand here and talk to us, I think he'd remind us what a gift this is. The God he could only glimpse for a moment is the same God who now chooses to live in us and meet with us when we come together.

Here's the challenge: don't rush past His presence. When you walk into church, into a group, or even sit down with a couple of believers, remember who is there with you. Ask God to give you that same hunger Moses had, a longing to know Him more and to value His presence, not just personally, but when we gather together as His people.

Pray: God, thank you for Your Holy Spirit. Thank You for sending Your Comforter to guide me in my daily life. Help me always be in tune with Him as He guides me through the trials and triumphs of this life. Thank you for dwelling in each believer. Help me to always remember to give you the glory You deserve through it all. Amen.

DAY 17 - THE COVENANT OF HIS PRESENCE

Hebrews 9:1-10 ESV: Now even the first covenant had regulations for worship and an earthly place of holiness. For a tent was prepared, the first section, in which were the lampstand and the table and the bread of the Presence. It is called the Holy Place. Behind the second curtain was a second section called the Most Holy Place, having the golden altar of incense and the ark of the covenant covered on all sides with gold, in which was a golden urn holding the manna, and Aaron's staff that budded, and the tablets of the covenant. Above it were the cherubim of glory overshadowing the mercy seat. Of these things we cannot now speak in detail. These preparations having thus been made, the priests go regularly into the first section, performing their ritual duties, but into the second only the high priest goes, and he but once a year, and not without taking blood, which he offers for himself and for the unintentional sins of the people. By this the Holy Spirit indicates that the way into the holy places is not yet opened as long as the first section is still standing (which is symbolic for the present age). According to this arrangement, gifts and sacrifices are offered that cannot perfect the conscience of the worshiper, but deal only with food and drink and various washings, regulations for the body imposed until the time of reformation.

Have you ever heard about people who get early access to a new phone update before everyone else? They're allowed to try it first, but not everyone can use it yet. Only certain people are invited in, and the rest of us just have to wait until the full version is released. That's a little like what life with God was like in the Old Testament. His presence was real – He truly was with His people – but access was limited. Only certain people, at certain times, in certain ways, could come near. It was a preview of something greater that God was preparing – a day when He would open His presence to all who come to Him through Jesus.

The reading today describes how someone would enter the presence of God in the Old Testament. There were clear boundaries and separation between God's presence and the people. Great preparation had to take place before a priest could even go in. God's standard of holiness and purity meant that anyone couldn't just approach His presence whenever they wanted.

Then came Jesus. He tore down the veil and established a new covenant. He became the atonement we needed so we could approach the presence of God. Today, many people still feel unworthy to come before Him and worship. But believing that means thinking the sacrifice of Jesus wasn't enough – and that couldn't be further from the truth. Through Christ's sacrifice, we are welcomed into God's presence as we are, and His Spirit cleanses us and makes us holy in His sight.

Pray: God, thank You that through Jesus I have been invited into Your presence. Thank You that I don't have to stand at a distance or wonder if I'm worthy, because Christ has already made a way for me. Help me to never take that for granted. Remind me of the holiness of Your presence, but also the kindness of Your invitation. Where I still feel unworthy or hesitant to draw near, replace that fear with faith in what Jesus has done. Teach me to come before You with humility, gratitude, and confidence – not in myself, but in Christ alone. In Jesus' Name. Amen.

DAY 18 - THE REALNESS OF HIS PRESENCE

Hebrews 4:14-16 ESV: Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

In life, we have friends — and then we have the friends who are basically family. With normal friends, we'll share what's going on, but we keep some of the details out. We don't always get real and messy. But then there are those true friends — the ones who have seen the good and the bad. They've walked through the battles with us, cried with us, prayed with us, and stood by us in the highs and lows. With them, we don't hold back.

That's what Hebrews 4:14–16 points us toward in our relationship with Jesus. We don't just have access to God — we have a great High Priest who understands us and invites us to come boldly before the throne of grace. Not timidly. Not cautiously. Boldly. Like a son or daughter walking right up to their father and saying, "Here's what's on my heart." Sometimes our prayers stay shallow — "Help me through the day," or "Bless this food," or "Help me be nicer." And those are fine... but God invites us into something deeper. To come to Him honestly. To make real requests. To long for His presence. To pray like Moses did — "Lord, I want more of You. Show me Your glory."

So when you pray, don't treat God like a distant king who barely knows your name. Come as a beloved child approaching a gracious Father. Bring your fears. Bring your needs. Bring your questions. Bring your deepest desires. And don't be afraid to ask Him for more of Himself. He's the One who invited you in — and His throne is a place of grace.

Pray: God, thank you for Jesus. His sacrifice for us gave us an opportunity to come into Your presence no matter where we are, what we face, and what our need is. God, make me bold in Your presence. Make my prayers beyond the small needs of this life. Remind me to seek Your presence, Your understanding, and Your will. God, give me the heart that wants a genuine relationship with You and one that doesn't fear you in a way that keeps me from being honest with You. Help me always remember You want everything to work for my good and You only want good things for me. Thank You, amen.

DAY 19 - THE REQUIREMENT OF HIS PRESENCE

Jeremiah 29:11-13 ESV: For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. [12] Then you will call upon me and come and pray to me, and I will hear you. [13] You will seek me and find me, when you seek me with all your heart.

Have you ever been looking for something that was right in front of you the whole time? Keys on the counter. Glasses on your head. Your phone... in your hand. You search, retrace your steps, maybe even panic a little — only to realize it was never far away. It was there the whole time. You just weren't really seeing it.

I know we've already spent time in Jeremiah 29:11–13, but today I want us to look at it through a different lens — the lens of God's presence. We love the part where God says He has plans for us — plans filled with hope and a future. And that's true. But the next part is just as important. God says that when we seek Him with our whole heart, we will find Him. Not because He's hiding. Not because He's distant. But because He is already near — and He wants to be found.

There is a kind of heart posture connected to experiencing His presence. Not a requirement of perfection or performance — but of sincerity. God doesn't want a divided heart. He doesn't want to be squeezed into the leftovers of our time and attention. He invites us to seek Him fully. To want Him — not just His plans, not just His blessings — but Him.

And the promise? You will find Him. Not "if you're spiritual enough." Not "if you do everything right." You will — because He has already drawn near to you.

Sometimes it isn't God who feels distant — it's our hearts that have drifted, dulled, or become distracted. But the moment we turn toward Him with our whole heart, we realize He was right there the entire time.

So today, don't just seek His plan for your life. Seek His presence. Because the God who promises hope and a future is the same God who loves to be near His children — and He loves when we come searching for Him with all that we are.

Pray: God, Thank You that You are never far from me. Thank You that when I seek You with my whole heart, You promise that I will find You — not because You are hiding, but because You are already near. Help me not to just chase after Your plans or Your blessings, but to truly desire Your presence above everything else. Where my heart has become distracted, divided, or distant, draw me back to You. Give me a sincere heart that longs for You. Teach me to seek You honestly, fully, and consistently — and remind me that You delight to be found by Your children. I want more of You, Lord. In Jesus' name, Amen.

DAY 20 - THE WHISPER OF HIS PRESENCE

1 Kings 19:11-13 NIV: The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

Have you ever been in a loud room trying to have a conversation, and you realize you have to lean in a little closer just to hear? The volume around you forces you to be intentional – to focus, to listen, to pay attention. Sometimes hearing requires stillness.

In 1 Kings 19:11-13, Elijah experiences the presence of God in a way that feels almost backwards to us. A powerful wind tears the mountains apart – but the Lord is not in the wind. An earthquake shakes the ground – but the Lord is not in the earthquake. A fire blazes – but the Lord is not in the fire. And then... a gentle whisper. And that's where Elijah meets God.

The presence of the Lord is powerful, but Elijah didn't encounter Him in the dramatic moments. He found Him in the stillness. And what makes this moment even more meaningful is that Elijah was running – exhausted, discouraged, and afraid – yet God still pursued him. God came near. God spoke softly. Elijah knew the voice of the Lord... but if he hadn't been paying attention, he could have missed it.

This is why staying close to Jesus matters so much. Not because God always shouts, but because He so often whispers. He meets us in the quiet moments. The unhurried spaces. The still places where our hearts are actually listening.

So today, slow down. Quiet the noise. Lean in. Because the same God who whispered to Elijah still speaks... and He knows right where to find you.

Pray: God, You are a mighty God, a God who can shake the mountains, blow the mighty winds, and set everything ablaze. But thank You that You sometimes choose to speak in a gentle whisper. Your sweet Spirit gently calling me to Your presence like the call of a parent that loves us. Help me to shut off the noises of this world and be ready to listen to Your whisper. Thank you for Your mighty hand and thank You for Your gentle touch. I praise You for everything you have done in my life over the past 20 days. In the mighty name of Jesus, Amen.

DAY 21 - REMAINING IN HIS PRESENCE

John 15:4-8 NIV: Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

Have you ever trained hard for something — maybe a race, a goal, or a project — and once it was finished, you slowly slipped back into old routines? The intensity fades. The focus loosens. And before long, the growth that once felt so real starts to drift. That's human nature. We finish the "event," and we move on.

But life with Jesus was never meant to be an event. It's a relationship. And in John 15:4-8, Jesus repeats the same word again and again — remain. Stay. Continue. Don't disconnect. Don't treat closeness with Him like a temporary season. He says that just like a branch can only live when it stays attached to the vine, we can only thrive when we stay connected to Him.

This is what I like to call practicing His presence — building a daily rhythm of staying close to Jesus through His Word, worship, prayer, and simple awareness of Him throughout the day. Not as a checklist. Not as pressure. But as a way of remaining — of keeping our hearts turned toward Him so that when He speaks, we already know His voice.

Jesus promises that if we remain in Him, He will produce good fruit in our lives. But He also says that apart from Him, we wither. Our faith dries up. Our strength fades. So as this fast comes to an end, the goal is not to stop — it's to continue. To remain. To walk with Him tomorrow just as closely as you did today.

Make it your aim to stay near. To keep seeking. To keep listening.

Because the finish line of this fast is not the end — it's simply another step in a lifelong journey of remaining in Christ.

Pray: God, I am thankful for what You have revealed to me over the past 21 days. You have been with me through all of the parts of this journey. When I failed, Your grace was good enough. When I became tired, Your rest sustained me. God, don't let this be a thing I did and move on to never return to seeking You. You have set a fire in my heart to grow deeper in understanding of who You are. Blow the flame higher and make my life a light that will set others ablaze for you. Help me to remain. When I get busy, remain. When I feel low, remain. When I succeed, remain. When I fail, remain. Let this not be the end but the start of something You are using to change my life. I will be sure to give You all the glory for every good thing in my life, Amen.

WHAT'S NEXT?

We have walked through a lot together over these twenty one days. We turned down the noise so we could hear God more clearly. We talked about humility, honesty, prayer, worship, discipline, faith, breakthrough, and most of all His presence. And now that the fast is ending, the real question is: what happens next?

From the beginning, we learned that fasting helps us focus, like turning down the music in the car so we can pay attention. You created space for God. You became aware of distractions. Do not lose that. Keep the volume low. Keep seeking Him on purpose.

We also learned what it means to come boldly before God, not timidly, but like sons and daughters who know they are welcome. So do not go back to shallow or cautious prayers. Keep asking God for deeper things, not just His blessings, but more of Him.

You practiced discipline, saying no to the flesh so you could say yes to the Spirit. That was not just about this fast. That was training for life.

We were reminded that worship and prayer overlap. Some songs are really prayers, and some prayers are really worship. Keep letting your heart talk to God that way.

And over and over again, we talked about His presence. That He is near. That He whispers. That He meets us when we gather. That when we seek Him with our whole heart, we find Him. So keep listening. Keep seeking. Do not just chase His plan. Chase Him.

We also learned that God still speaks through His Word, His Spirit, and His people. So stay rooted in Scripture, sensitive to the Spirit, and connected to community.

And finally, we ended with the call to remain. This fast was never meant to be an event that comes and goes. It was practice. A beginning. A reminder that apart from Him we can do nothing, but when we remain in Him, He produces fruit in us.

So what is next?

Keep going. Keep seeking. Keep remaining. When you stumble, do not run away. Run to Him. You are always invited to His throne of grace.

The fast may be ending, but the journey with Him continues, and He walks with you every step of the way.

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