

21 DAYS OF FASTING & PRAYER

LIVING WITH JESUS



THE RESURRECTED LIFE

JANUARY 5-25, 2026

21 DAYS

of

FASTING & PRAYER

Living with Jesus — The Resurrected Life

A Journey Through Colossians 3-4

For Kingdom Life • Purity • Power

*"When Christ, who is your life, appears,
then you also will appear with him in glory."*

— Colossians 3:4

Our Purpose

We are beginning on a sacred journey together. For the next 21 days, we will fast and pray with one heart and one purpose, to see the life of Jesus fully formed in us and in our church.

Fast is not a religious routine. It is more like spiritual warfare. We are striving for something precious. We are striving for a church where every believer and the next generation can be raised and sent out in the full measure of the power, will, and glory of Jesus Christ.

Why We Fast and Pray

To Bring Kingdom Culture

We want heaven's ways to become our ways. We're asking God to establish His kingdom culture in our midst—where love rules, truth reigns, and Jesus is clearly seen in how we live together.

To Walk in Purity

We refuse to make peace with sin. We want clean hearts, clean hands, and clean lives, personally and as a church family. Holiness is not optional. It is essential to carry God's presence.

To Raise and Send the Next Generation

We are fighting for our children and young people. We want to create an environment where they encounter Jesus, grow strong in faith, and are launched into their destiny carrying the full measure of His power, will, and glory.

To Remove Every Stumbling Block

Anything that hinders Christ's life and purposes must go. We're asking God to expose and uproot every obstacle—in our hearts, in our relationships, in our church—that blocks the flow of His Spirit.

To Embrace New Life as One Church

We want our entire local church to step into the resurrection life of Jesus. Not just a few dedicated people, but everyone. We're believing for a whole community transformed by the power of the Cross.

To Conquer Every Spiritual Enemy

By faith, we declare victory over every demonic power that has opposed us. Jesus has already won. Through fasting and prayer, we enforce His triumph and take back those things that the enemy has stolen.

To Experience the Transforming Power of the Cross

We want more than information. We want transformation. The Cross is not just history; it is God's power. We are positioning ourselves to encounter that power in a fresh, life-changing way.

This is our moment! This is our time! Let's press in together!

What Is Fasting?

Fasting means choosing not to eat food for a period of time so we can focus on God. It is a spiritual discipline that Christians have practiced for thousands of years. When you fast, you're telling God that spending time with Him matters more to you than satisfying your hunger.

Fasting doesn't earn you extra points with God or force Him to answer your prayers. Instead, it helps you focus your heart and mind on Him. It clears away distractions and creates space for you to hear His voice more clearly.

Fasting in the Bible

In Matthew 6:16-18, Jesus said "when you fast," not "if you fast." He expected His followers to fast as a regular part of their spiritual lives. He also promised that God sees our fasting and will reward us.

Types of Fasts

Complete Fast

No food or water at all. This is very intense and should only be done for a very short time. Always check with a doctor before attempting this.

Water-Only Fast

No food, but you drink water throughout the day. This is still a challenging fast and should be approached carefully, especially for longer periods.

Daniel Fast (Recommended for This Journey)

You eat certain foods while avoiding others. This is based on Daniel's experience in the Bible. It's the most practical option for a 21-day fast because you still get nutrition while making a real sacrifice. We'll explain the details below.

The Daniel Fast

The Daniel Fast is based on the book of Daniel. It involves eating plant-based foods while avoiding meat, dairy, sugar, and processed foods. It requires real discipline, but it's sustainable for 21 days.

The Biblical Background

"I, Daniel, mourned for three weeks. I ate no rich food; no meat or wine touched my lips." — Daniel 10:2-3

In Daniel chapter 10, Daniel fasted for 21 days. He avoided rich foods, meat, and wine while seeking God. At the end of those 21 days, an angel appeared to him with an incredible message from God.

The Purpose of This Fast

The Daniel Fast isn't just about what you eat—it's about focusing your heart on God. Daniel made a firm decision to honor God with his choices. The food guidelines serve several purposes:

- **Denying your cravings** — You'll miss your favorite foods, and that sacrifice reminds you why you're fasting
- **Creating reminders to pray** — Every time you feel hungry or want something you can't have, use it as a prompt to pray
- **Building self-discipline** — If you can say no to food cravings, you can say no to other temptations too
- **Showing God, He comes first** — Your sacrifice demonstrates that your relationship with God matters more than comfort

Daniel Fast Food Guide

The basic rule is simple: eat foods that come from plants. Fruits, vegetables, whole grains, beans, nuts, and seeds are all allowed. Foods that come from animals (meat, dairy, eggs) and processed foods (sugar, white flour, junk food) are not allowed.

Foods You CAN Eat

FRUITS

All fruits are allowed—apples, bananas, oranges, berries, grapes, melons, mangoes, peaches, pears, pineapple, and any others. Fresh, frozen, dried, or canned fruits are fine.

VEGETABLES

All vegetables are allowed—carrots, broccoli, spinach, lettuce, tomatoes, peppers, onions, potatoes, sweet potatoes, corn, green beans, peas, squash, and any others. Fresh, frozen, or canned vegetables are all acceptable.

WHOLE GRAINS

Brown rice, oatmeal, whole wheat, quinoa, barley, and so on.

BEANS AND LENTILS

Black beans, pinto beans, kidney beans, chickpeas, lentils, and split peas are all great options. Hummus and bean soups are allowed too. These foods provide protein during the fast.

NUTS AND SEEDS

Almonds, peanuts, cashews, walnuts, sunflower seeds, and pumpkin seeds are allowed.

COOKING OILS

Olive oil, coconut oil, and vegetable oil can be used for cooking and salad dressings.

BEVERAGES

Water should be your main drink: herbal tea (without caffeine), 100% fruit juice (in small amounts).

OTHER ALLOWED FOODS

Tofu, avocados, olives, guacamole, and pickles are acceptable.

Foods to AVOID

MEAT

No beef, chicken, pork, turkey, fish, bacon, sausage, or any other type of meat.

DAIRY PRODUCTS

No milk, cheese, butter, yogurt, ice cream, or cream. These all come from animals.

SUGAR AND SWEETENERS

No sugar, honey, maple syrup, candy, chocolate, or artificial sweeteners.

BREAD AND BAKED GOODS

No white bread, regular store-bought bread, pastries, cakes, cookies, muffins, or doughnuts. Most bread contains yeast and sugar. You can have unleavened bread or specific whole-grain breads without yeast and sugar.

PROCESSED AND FRIED FOODS

No chips, fast food, fried foods, or packaged snacks with long ingredient lists. If you can't pronounce the ingredients, it's probably not allowed.

EGGS

No eggs or foods made with eggs.

CERTAIN BEVERAGES

No coffee, caffeinated tea, soda, energy drinks, or sugary drinks.

Practical Tips

BEFORE YOU START

- **Talk to your doctor** if you have any health conditions, take medication, or are pregnant.
- **Reduce caffeine gradually**, starting a few days before. Quitting coffee suddenly can cause headaches.

DURING THE FAST

- **Drink plenty of water** throughout the day. Staying hydrated is essential.
- **Expect some discomfort** in the first few days. Headaches, tiredness, and irritability are normal as your body adjusts.
- **Use hunger as a reminder to pray** — every time you feel hungry or crave something you can't have, talk to God.
- **Start each day with the devotional** before you eat. Feed your spirit first.
- **If you slip up, don't give up** — acknowledge it, get back on track, and keep going. One mistake doesn't ruin everything.

AFTER THE FAST

- **Ease back into regular eating**—don't overload your system with heavy foods right away.
- **Consider keeping some of the healthy habits** you developed during the fast.
- **Write down what God did** during these 21 days, so you don't forget the breakthroughs and lessons learned.

IF YOU CAN'T DO A FOOD FAST

If you can't fast from food due to health issues, pregnancy, or other reasons, you can still participate! Consider fasting from television, social media, entertainment, shopping, or other activities that take up your time and attention. The purpose of fasting is to sacrifice and to seek God. He knows your heart and your circumstances.

Remember: This fast is not about following a perfect diet. It's about seeking God with your whole heart. Don't let the food rules distract you from the real goal—spending time with God and allowing Him to transform your life.

How to Use This Guide

Each day of this journey has six parts:

- **The Truth:** A Scripture and teaching to anchor your heart.
- **Remember This:** A memorable verse for the day or a statement to carry with you all day.
- **Believe It:** Truths to declare and settle in your heart.
- **Turn From:** The old ways of thinking and behaviors.
- **Receive:** What God is offering you today.
- **Pray:** Make your prayer personal.

Tips for the Journey

- **Start each day with the reading before you eat.** Let God's Word be your first meal.
- **Memorize the daily statement.** Write it down. Say it throughout the day.
- **Pray the prayers out loud.** There's power in speaking God's truth.
- **Journal what God shows you.** Don't let insights slip away.
- **Fast according to your ability.** Food, media, marital intimacy (by mutual consent), and other things—do it unto the Lord.

Day 21 is our Grand Celebration—a day to declare everything God has done and worship Him with grateful hearts.

Let's encounter Jesus together!

WEEK ONE

Risen, Hidden, and Set Free

This week, we lay the foundation. We'll discover what it means to be risen with Christ, to have our minds set on heavenly things, and to have our lives hidden safely in God. Then we'll begin the work of putting to death everything that belongs to the old life. Get ready, transformation is coming!

DAY 1

Risen with Christ

"My death with Christ cut the old chains. My resurrection with Christ created new connections."

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God." — Colossians 3:1

When you gave your life to Jesus, something radical happened. You didn't just get forgiven; you got transferred. You didn't just get cleaned up; you got connected by spiritual birth to an entirely new reality.

This is what Scripture is saying: your death with Christ cut off the links that bound you to the old world-order. All those chains that the old system had wrapped around you—chains of sin, of shame, of slavery to your old nature—they were cut when you died with Christ. The old world no longer has a legal claim on you.

But that's only half the story. Your resurrection with Christ established new links, binding you to a new and heavenly order. You're now connected to a spiritual kingdom where Christ, your Lord, is the King. You belong to a different realm now — the realm where Jesus is seated at the right hand of God, ruling over everything.

This is not wishful thinking or religious imagination. This is your new reality. The old chains are broken. New connections are established. You are linked to heaven now. The new life is available for you!

Believe It

- When Jesus rose, I rose with Him—this is a finished fact, not future hope.
- My links to the old world-order have been severed—I'm free from its dominion.
- I'm now bound to a new heavenly order where Christ is King.
- I belong to a spiritual kingdom that cannot be shaken.

Turn From

- Living as though I'm still chained to the old order.
- Letting the old world-system dictate my identity and choices.
- Doubting the reality of my resurrection with Christ.
- Acting like I still belong to what I've been delivered from.

Receive

- The full reality of my resurrection with Christ.
- New heavenly connections that define who I really am.
- Authority as a citizen of Christ's unshakeable kingdom.
- Freedom from everything that used to hold me captive.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 2

Set Your Mind on Things Above

"I seek what's above because that's where my King sits and rules."

"Set your minds on things that are above, not on things that are on earth." — Colossians 3:2

Yesterday, we focused on the topic of being raised with Christ. Today, we will look at what to do about it: SEEK the things above. SET YOUR MIND on heavenly things. This is not a suggestion; it is the logical response to our new reality.

The Greek word for "set your mind" is PHRONEO. It means more than just thinking—it is about your whole mindset, your affections, your priorities, what you value most. It's setting your heart's compass toward heaven. Where your mind goes, your life follows.

But why should we look up? Here's the reason: because that's where Christ is, seated at the right hand of God. The "right hand" isn't just a location. It is the position of supreme authority and power. Jesus is sitting there because His work is complete. He is ruling from that throne right now. And what a glorious fact! You're connected to Him there!

When you set your mind on things above, you're not escaping reality—you're connecting to the ultimate reality. The throne room of heaven is more real than your problems, more powerful than your circumstances, more permanent than anything on earth. Why would you focus on the temporary when you are connected to the eternal?

This is a daily discipline. Every morning, set your affections on Christ. Direct your heart toward His throne. Let the reality of His rule shape how you see everything else.

Believe It

- What I set my mind on shapes the direction of my life.
- Jesus is seated at God's right hand—the place of complete authority.
- Heavenly realities are more permanent and powerful than earthly ones.
- I can train my affections to focus on what truly matters.

Turn From

- Letting worry, fear, and earthly distractions dominate my mind.
- Treating spiritual things as less real than physical circumstances.
- Living as though Jesus isn't actually ruling right now.
- Setting my affections on things that will pass away.

Receive

- A renewed mind that sees from heaven's perspective.
- Confidence in Christ's present rule at God's right hand.
- Affections that are set on eternal things.
- Freedom from the tyranny of earthly preoccupations.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 3

Your Life Hidden in Christ

"I died. I'm hidden. I'm safe. And glory is coming."

"For you died, and your life is now hidden with Christ in God." — Colossians 3:3

Here is one of the most powerful verses in all of Scripture. Read it slowly: "For you died, and your life is now hidden with Christ in God." Every word matters.

First: "You died." This past tense is—done, finished, complete. The person you used to be, the one enslaved to sin, the one far from God, the one trapped in the old order—that person died with Christ on the cross. You can't improve a dead person. You can only bury them and move on. Stop trying to fix your old self. It's gone.

Second: "Your life is now hidden." The Greek word is KEKRYPTAI—concealed, tucked away, protected. The world can't see your true life. The enemy can't touch it. It's hidden in the safest place imaginable.

Third: "With Christ in God." This is double security! You're hidden in Christ, and Christ is in God. Picture it: you're wrapped in Jesus, and Jesus is wrapped in the Father. Nothing can get through. No accusation, no condemnation, no attack, no failure can penetrate that protection. Your true identity is locked away in the most secure vault in the universe.

This is why we can seek the things above with confidence. We are not trying to earn security—we already have it. We're not trying to find acceptance—we are hidden in the Beloved One. Our life is aligned with Christ's life. When He appears in glory, we'll appear with Him. Until then, we live from this hidden, secure, glorious position.

Believe It

- I have died—my old self was crucified with Christ.
- My true life is hidden with Christ in God—doubly secure.
- Nothing can penetrate the protection of being hidden in Christ.
- When Christ appears in glory, I will appear with Him.

Turn From

- Trying to fix or improve my old self instead of counting it dead.
- Looking for security in things that can be lost or shaken.
- Living as though my identity depends on human approval.
- Fearing that if I remain in Jesus, I might lose my standing with God.

Receive

- The reality of my death with Christ—the old is truly gone.
- Complete security in my hidden position in Christ.
- Freedom from fear of rejection or condemnation.
- Eager anticipation of the glory to be revealed.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 4

Put to Death What Is Earthly

"What died with Christ must be treated as dead. No negotiations."

"Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming." — Colossians 3:5-6

Paul moves from the glorious truths of our position in Christ to the very important work of putting sin to death. Notice the word "therefore"—BECAUSE you've been raised with Christ, BECAUSE your life is hidden in God, THEREFORE put to death what is earthly in you.

"Put to death" is violent language. The Greek word NEKROSATE means to make dead, to kill, to execute. This isn't about managing sin, reducing it gradually, or keeping it under control. This is execution. You don't negotiate with what must die.

Look at what must die: SEXUAL IMMORALITY (any sexual activity outside of marriage), IMPURITY (uncleanness in thought and action), PASSION (unbridled lust), EVIL DESIRE (craving what God forbids), and COVETOUSNESS (greedy wanting of what isn't yours). These sins all start in the heart and work outward. They're sins of desire—wanting what God hasn't given.

Then Paul drops a bomb: covetousness is IDOLATRY. When you want something more than you want God, you've made it your god. That's why these sins are so serious—they're not just rule-breaking, they're worship disorders. You're giving your heart to something other than the Creator.

And the consequence? "The wrath of God is coming." God's holy anger against sin is real. We've been rescued from that wrath through Christ, but that makes us MORE serious about putting sin to death.

Believe It

- By the Spirit's power, I can actually put sin to death.
- Sin no longer has dominion over me—I have the power to say no.
- Covetousness is idolatry—it's a worship problem, not just a behavior problem.
- God's wrath is real, but I've been rescued through Christ.

Turn From

- Sexual immorality in thought, word, or deed.
- Impurity—any uncleanness that grieves the Holy Spirit.
- Lustful passion and evil desires that lead me astray.
- Covetousness—wanting what God hasn't given, making idols of things.

Receive

- The Spirit's power to execute sin in my life.
- Purity of heart—desiring only what glorifies Christ.
- Contentment that frees me from idolatrous craving.
- Gratitude for being rescued from the wrath to come.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 5

Put Away Anger, Wrath, Malice, and Slander

"My tongue will build what my anger used to destroy."

"But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth." — Colossians 3:8

Yesterday, we dealt with sins of desire. Today, we tackle sins of character and speech—sins that destroy relationships and poison fellowship. These are just as deadly, and they must go.

"Put them all away" means to strip off like dirty clothes, to discard completely, to get rid of. Notice what's on the list:

ANGER (orgē)—a settled, smoldering resentment. This is the anger you keep inside and keep alive. It becomes part of your identity. It poisons you from the inside.

WRATH (thumos)—explosive, boiling-over rage. This is anger that erupts, that blows up, that lashes out. It burns others and shames you.

MALICE (kakia)—the desire to harm others. This is ill-will, the wish that bad things would happen to people you don't like. It's hatred wearing a mask.

SLANDER (blasphēmia)—speech that damages others' reputations. Gossip, lies, and half-truths are spoken to make others look bad. It destroys the reputation and character with words.

OBSCENE TALK (aischrologia)—filthy, shameful speech. Crude jokes, foul language, and degrading words. Speech unworthy of someone hidden in Christ.

If we want kingdom culture in our lives and our church, these things cannot stay. They must be stripped off and thrown away.

Believe It

- Christ gives me power to control my anger and my tongue.
- These destructive patterns don't fit my new identity.
- The Spirit produces gentleness and self-control in me.
- My mouth can become an instrument of life, not death.

Turn From

- Anger I've nursed into bitterness and resentment.
- Explosive wrath that damages people around me.
- Malice—any desire to see others suffer or fail.
- Slander, gossip, and obscene speech.

Receive

- Freedom from the bondage of anger and bitterness.
- A transformed tongue that builds up instead of tears down.
- Gentleness and goodwill toward everyone—even enemies.
- Speech that is clean, kind, and honoring to Christ.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 6

Do Not Lie — Be Renewed

"In Christ there's no separation—He is all, and in all."

"Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator. Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all." — Colossians 3:9-11

Lying belonged to the old self, and the old self has been put off! When you became a Christian, you didn't just get new beliefs; you got a new self. The old you, with all its deceptive practices, has been discarded like worn-out clothes. You've put on a new self now.

This new self is "being renewed in knowledge after the image of its creator." Notice it's present tense—BEING renewed. This is an ongoing process. As you grow in knowing God, you become more and more like Him. You're being restored to the original design—the image of God that was marred by sin. This is what sanctification looks like: becoming more truly human by becoming more like Christ.

And here's something beautiful: in this new creation, all the old divisions are gone. Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free—these categories that used to define and divide people no longer have power. Why? Because "Christ is all, and in all."

Think about that phrase: Christ is ALL, and in ALL. He's everything that matters. He's in everyone who belongs to Him. There's no separation in the body of Christ—no hierarchy based on race, class, education, or background. Just Christ, in all of us, making us one.

So don't lie to each other! We're one family now. Lies destroy trust and fracture a community. Truth builds the unity that Christ has created.

Believe It

- I have put off the old self—lying is no longer who I am.
- I'm being renewed in knowledge, becoming more like my Creator.
- In Christ, all human divisions are overcome—He is all, and in all.
- Truth builds the community that Christ has created.

Turn From

- Lying—big lies, small lies, half-truths, misleading impressions.
- Any form of deception that belongs to the old self.
- Prejudice and division based on human categories.
- Treating some believers as less important than others.

Receive

- Ongoing renewal—transformation into Christ's image.
- A commitment to truth in all my relationships.
- Unity with all believers across every human boundary.
- Christ as all and in all—the bond of our oneness.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 7

Put On Compassion, Kindness, Humility, and Forgiveness

"I dress on the outside to match who I am on the inside."

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive." — Colossians 3:12-13

We've been putting things off—now it's time to put things ON! But notice how Paul starts: "as God's chosen ones, holy and beloved." Your identity comes before your activity. You don't dress in these virtues to BECOME acceptable to God; you dress in them BECAUSE you already ARE accepted.

You are CHOSEN—handpicked by grace before the foundation of the world. You are HOLY—set apart for God, belonging to Him completely. You are BELOVED—cherished, delighted in by the Father. This is who you are! The virtues that follow are simply clothes that fit your new identity.

So put on COMPASSIONATE HEARTS—a deep feeling for others' pain. Put on KINDNESS—active goodness toward everyone. Put on HUMILITY—not thinking less of yourself but thinking of yourself less. Put on MEEKNESS—strength under control, power that doesn't need to prove itself. Put on PATIENCE—the long fuse that doesn't easily blow.

And then two specific applications: BEARING WITH ONE ANOTHER (putting up with each other's quirks and weaknesses) and FORGIVING EACH OTHER when there's real offense. What's the standard for forgiveness? "As the Lord has forgiven you." How did Jesus forgive you? Completely. Freely. Before you deserved it. That's how you forgive others.

This is what kingdom culture looks like—a community where people are compassionate, kind, humble, gentle, patient, forbearing, and forgiving. This is what draws the next generation. This is what changes the world.

Believe It

- I am God's chosen one—handpicked by grace.
- I am holy and beloved—set apart and treasured.
- These virtues fit who I already am in Christ.
- Christ's forgiveness of me is the model for my forgiveness of others.

Turn From

- Hard-heartedness that doesn't feel others' pain.
- Pride that resists humility and meekness.
- Impatience with others' weaknesses and failures.
- Unforgiveness—holding onto what Christ has released.

Receive

- My identity as chosen, holy, and beloved.
- Compassion, kindness, humility, meekness, and patience as daily wear.
- Grace to bear with and forgive others freely.
- The joy of living out who I truly am.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

WEEK TWO

Love, Peace, and the Word

This week, we go deeper into what holds everything together. We'll discover that love is the binding force, peace is the ruling principle, and God's Word is the dwelling presence that shapes everything. These aren't just nice ideas—they're the operating system of the resurrected life.

DAY 8

Love Above All

"Love is the proof that I belong to Jesus."

"And above all these put on love, which binds everything together in perfect harmony." — Colossians 3:14

Love is like the outer coat that goes over everything else. It's what holds all the other virtues together. Without love, you might have kindness that's cold or patience that's condescending. Love makes everything work. It's the mark of Jesus' followers, the summary of God's law, the greatest thing of all. Love is the culture of the Kingdom.

The phrase "binds everything together" pictures love as the belt or tie that holds everything else in place. Love does that for all the other virtues—it organizes them, unifies them, and makes them effective.

"Perfect harmony" translates the Greek word *TELEIOTĒS*—completeness, maturity, the goal reached. Love brings everything to its intended purpose. Without love, even the best virtues are incomplete. With love, they all work together beautifully.

This is why Jesus said the world would know we are His disciples by our love. Not by our theology alone. Not by our worship style. Not by our moral standards. By our LOVE. When a church loves like Jesus loves, it becomes irresistible. When we love the unlovable, forgive the unforgivable, serve the undeserving—we look like Jesus. And that's what draws people to Him.

Believe It

- God's love has been poured into my heart by the Holy Spirit.
- Love is the most important virtue—it makes all others work.
- By loving others, I show I belong to Jesus.
- Love brings everything to completeness and maturity.

Turn From

- Going through the motions without love.
- Selfishness that puts my needs first.
- Withholding love from people who are hard to love.
- Virtues that are cold, judgmental, or self-righteous.

Receive

- Love as the ruling force in my life.
- Supernatural love—beyond what I can produce on my own.
- The unity and wholeness that love creates.
- Power to love even those who are difficult to love.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 9

Let the Peace of Christ Rule

"When peace rules, I make better decisions."

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body." — Colossians 3:15a

Paul is calling us into a powerful reality: let the peace of Christ **RULE** in your hearts. The Greek word is *BRABEUŌ*—it means to act as ruler, to arbitrate, to call the shots. In an athletic competition, the one who officiates decides what's in bounds and what's out, who wins and who loses. Christ's peace should have that role in your heart.

When you're facing a decision, let peace be the ruler. If one option takes your peace away, that's a red flag. If another option settles your heart with calm assurance, pay attention. Peace arbitrates. Peace decides. Peace calls the shots.

But this is not just individual—it is corporate. "To which indeed you were called in **ONE BODY**." Peace rules in our relationships, too. When conflict arises in the church, peace steps in as referee. When opinions differ, peace arbitrates. We were called to peace—called together as one body to live in harmony.

Notice it's the peace **OF CHRIST**. Not just inner calm or the absence of conflict. This is Christ's own peace—the peace He possessed when sleeping through a storm, the peace He demonstrated before Pilate, the peace He gives that the world cannot give. It's supernatural peace, ruling in natural situations.

Want to know God's will? Let peace be the deciding factor. Want unity in the body? Let peace call the shots. Make peace the ruler of your heart.

Believe It

- Christ's peace is available to rule in my heart.
- Peace can act as an arbiter for my decisions and relationships.
- I was called into one body—called to peace with other believers.
- Christ's peace is supernatural—beyond what the world can give.

Turn From

- Anxiety and worry that override Christ's peace.
- Making decisions based on fear instead of peace.
- Conflict and division that I've caused or continued.
- Ignoring the ruler's call when it doesn't suit me.

Receive

- Christ's peace ruling as orbiter in my heart.
- Wisdom for decisions as I follow peace.
- Harmony with other believers in the one body.
- Supernatural calm in the midst of storms.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 10

And Be Thankful

"Gratitude is the atmosphere where resurrection life thrives."

"And be thankful." — Colossians 3:15b

Three simple words with enormous power: "And be thankful." In the original Greek, it's even shorter—just one word: EUCHARISTOI, from which we get "Eucharist." Be grateful. Be full of thanks. Make thanksgiving your default setting.

Paul doesn't say "feel thankful when things go well." He says BE thankful—as a state of being, as a choice, as a discipline. Thankfulness isn't a response to circumstances; it's a response to God. No matter what's happening around you, you always have reasons to thank Him.

Think about what we've covered in the last nine days: You've been raised with Christ. Your life is hidden in God. Your sins are forgiven. Your enemy is defeated. You're chosen, holy, and beloved. You have love binding everything together and peace ruling in your heart. If you can't find reasons for gratitude, you're not paying attention!

Thankfulness does something powerful in us. It shifts our focus from what we lack to what we have. It moves us from complaint to contentment. It transforms a spirit of entitlement into a spirit of wonder. It makes us pleasant to be around and powerful to live with.

Notice where this falls in the passage—right after peace. Peace and thankfulness go together. An ungrateful heart is a restless heart. A thankful heart is a peaceful heart. When gratitude fills you, anxiety shrinks. When you count your blessings instead of your problems, your perspective changes.

Today, let thankfulness overflow. For salvation, for breath, for grace, for the body of Christ, for another day—give thanks.

Believe It

- I always have reasons to be grateful, regardless of circumstances.
- Thankfulness is a choice, not just a feeling.
- Gratitude shifts my focus from lack to abundance.
- Peace and thankfulness go hand in hand.

Turn From

- Complaining and grumbling that dishonor God.
- Taking God's blessings for granted.
- An entitled attitude that expects more than I deserve.
- Focusing on what I lack instead of what I have.

Receive

- A heart overflowing with gratitude.
- Eyes to see the countless blessings in my life.
- The peace that comes with a thankful spirit.
- Joy that doesn't depend on circumstances.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 11

Let the Word of Christ Dwell Richly

"When the Word moves in, everything changes."

"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom." — Colossians 3:16a

Here's an invitation that will transform your life: let the word of Christ DWELL in you RICHLY. Not just visit occasionally. Not just pass through. DWELL—take up residence, make its home, settle in permanently. And not just a little—RICHLY, abundantly, overflowing.

The "word of Christ" means everything Jesus taught, everything written about Him, everything He reveals through Scripture. It's the message of the gospel, the truths of the faith, the wisdom of God's Word. And you're to let it move in and make itself at home in your heart.

What happens when Scripture dwells in you richly? Look at what follows: "teaching and admonishing one another in all wisdom." A Word-filled person becomes a wisdom-sharing person. When Scripture saturates you, it overflows to others. You teach—sharing truth that helps. You admonish—warning with love when someone is heading the wrong way. You do it "in all wisdom"—with discernment, timing, and grace.

This is how healthy churches work. Not just one person doing all the teaching, but the whole community saturated in Scripture and sharing wisdom with each other. Parents teaching children. Friends encouraging friends. Mature believers guiding younger ones. All because the Word dwells richly in all of us.

This happens when you read Scripture daily. Memorize key verses. Meditate on what you read. Listen to good teaching. Discuss the Word with others. Let it shape your conversations. This is how the Word moves in and settles down. This is how it begins to dwell richly.

Believe It

- God's Word is living and powerful—it can transform me.
- Scripture can dwell richly in my heart.
- A Word-filled life overflows in wisdom for others.

- I can teach and admonish others as the Word dwells in me.

Turn From

- Neglecting Scripture—letting other things crowd it out.
- Surface-level Bible reading without real engagement.
- Keeping spiritual truth to myself instead of sharing it.
- Relying only on others to teach me instead of pursuing the Word myself.

Receive

- Christ's Word dwelling richly in my heart.
- Wisdom to teach and lovingly admonish others.
- Hunger for Scripture that grows day by day.
- Transformation as the Word does its work in me.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 12

Singing Psalms, Hymns, and Spiritual Songs

"A heart full of the Word becomes a mouth full of song."

*"...singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."
— Colossians 3:16b*

When the Word of Christ dwells in you richly, it doesn't stay silent—it bursts into song! This is the natural overflow of a heart saturated in Scripture: singing psalms, hymns, and spiritual songs, with thankfulness to God.

Notice the three types of singing: PSALMS—the ancient songs of Israel, the prayers and praises of Scripture set to music. HYMNS—composed songs of praise to God, celebrating His character and works. SPIRITUAL SONGS—spontaneous, Spirit-prompted expressions of worship, including singing in the Spirit.

This is corporate worship—"one another" is mentioned in the earlier verse. We sing to God, but we also sing to each other. When you raise your voice in worship, you're not just expressing your own heart—you're encouraging everyone around you. Your song of faith strengthens someone who's struggling. Your shout of praise lifts someone who is downcast.

And it all flows from thankfulness: "with thankfulness in your hearts to God." True worship is not just going through the motions or singing because it's on the schedule. It's a grateful heart overflowing in song because it can't stay quiet about God's goodness.

When was the last time you sang to the Lord—really sang, with a thankful heart? When did you last worship not because you had to but because you couldn't help it? This is what happens when the Word dwells richly. Song breaks out.

Believe It

- Worship is the natural overflow of a Word-filled heart.
- My singing encourages and strengthens others in the body.
- God delights in my worship—even if I can't carry a tune.
- Thankfulness is the fuel that makes worship genuine.

Turn From

- Going through the motions in worship without engaged hearts.
- Self-consciousness that keeps me from singing freely.
- Treating worship as musical entertainment rather than participation.
- Joyless religion that has forgotten how to sing praises to the Lord.

Receive

- Heartfelt worship that overflows from a thankful heart.
- Freedom to sing to God without self-consciousness.
- The joy of encouraging others through worship.
- Songs in the night—worship even in hard seasons.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 13

Everything in Jesus' Name — Work as for the Lord

"There is no ordinary anymore—everything counts for eternity."

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him... Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ." — Colossians 3:17, 23-24

This is one of the most comprehensive statements in Scripture: WHATEVER you do, in WORD or DEED, do EVERYTHING in the name of the Lord Jesus. No exceptions. No sacred or secular divide. Everything.

To do something "in the name of the Lord Jesus" means to do it as His representative, under His authority, for His glory. It means asking: Can I do this in Jesus' name? Would this honor Him? Am I representing Him well? If you can't do it in His name, don't do it at all.

Paul applies this directly to work, even the most menial labor. "Work heartily, as for the Lord and not for men." Your boss is not the one you work for; Jesus is. Your coworkers aren't who you're ultimately serving; Christ is. This transforms how you approach Monday morning.

Don't work by "eye-service"—only performing when someone's watching. Don't be a "people-pleaser"—doing the minimum to keep others happy. Work with "sincerity of heart, fearing the Lord." Work HEARTILY—from the soul, with passion and excellence.

Why? Because "from the Lord you will receive the inheritance as your reward." Your heavenly Father sees everything. He rewards faithful work, even if no human ever notices. And here is the stunning conclusion: "You are serving the Lord Christ." Even in the most ordinary task, you're serving Jesus Himself.

Believe It

- Everything I do can be done in Jesus' name and for His glory.
- My work—whatever it is—is ultimately service to Christ.
- God sees and rewards faithful labor that humans never notice.
- There is no secular category in the resurrected life.

Turn From

- Keeping parts of my life separate from Christ's Lordship.
- Working only when the boss is watching.
- People-pleasing instead of Christ-honoring.
- Half-hearted effort that doesn't represent Jesus well.

Receive

- Christ's Lordship over every area of life.
- Purpose and dignity in all my work.
- Motivation to work heartily, knowing Jesus sees.
- The promise of eternal reward for faithful labor.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 14

Wives and Husbands in the Lord

"Christian marriage is mutual sacrifice under Christ's loving Lordship."

"Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them." — Colossians 3:18-19

Paul now applies resurrection life to the home, starting with marriage. Notice both partners are addressed—this is not one-sided. Both have responsibilities. Both answer to Christ. The gospel transforms both.

"Wives, submit to your husbands, AS IS FITTING IN THE LORD." That last phrase changes everything. This is not cultural conformity or blind obedience. It's fitting "in the Lord"—it's Christian submission, shaped by the gospel. It's voluntary, respectful support of husband's leadership, the way the church responds to Christ.

"Husbands, love your wives." This was revolutionary in the ancient world, where wives were often treated as property. Christian husbands are commanded to LOVE—actively, sacrificially, consistently. And specifically: "do not be harsh with them." No bitterness. No cruelty. No domination or abuse. Love that is gentle, patient, and kind.

See how the gospel transforms marriage? Wives are not doormats—they are honored partners who choose to support their husband's leadership. Husbands aren't dictators—they're sacrificial lovers who lay down their lives like Christ. Both serve. Both sacrifice. Both submit to Jesus.

This is kingdom culture in the home. When marriages look like this, children grow up seeing the gospel lived out. The next generation learns what godly relationships look like. The church becomes strong.

Believe It

- The gospel transforms marriage into mutual service and love.
- Both husband and wife answer to Christ in their roles.
- Christian submission is voluntary, respectful, and fitting in the Lord.
- Christian leadership is sacrificial love, never harshness.

Turn From

- Worldly patterns of domination or rebellion in marriage.
- Harshness, bitterness, or disrespect toward your spouse.
- Selfishness that puts personal desires above the marriage.
- Ignoring your specific calling as husband or wife.

Receive

- Grace to fulfill your role in marriage as unto the Lord.
- A marriage transformed by the gospel.
- Love that is patient, kind, and never harsh.
- A home that displays the gospel to the next generation.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

WEEK THREE

Family, Prayer, and Witness

Our final week applies resurrection life to parenting, prayer, and our engagement with the world. We will learn to pray with focus and thanksgiving, walk wisely toward outsiders, and speak with grace. This is the last week, and it leads to a life of power and purpose!

DAY 15

Children and Fathers

"Parents: raise them up without tearing them down."

"Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged." — Colossians 3:20-21

Paul continues applying the gospel to the home. Now he addresses children and parents—with something significant to say to both.

"Children, obey your parents in everything." This is comprehensive obedience—"in everything" that doesn't violate God's Word. And notice the motivation: "for this pleases the Lord." Children, when you honor and obey your parents, you're not just making them happy—you're bringing joy to Jesus Himself. Your obedience is worship.

"Fathers, do not provoke your children." In a culture where fathers had absolute authority, this was radical. Parents are not given unlimited power to treat children however they want. Specifically, don't PROVOKE them—don't frustrate them with unreasonable demands, constant criticism, harsh discipline, or favoritism.

Why? "Lest they become discouraged." Provoked children become disheartened children. They give up. They lose spirit. They conclude they can never measure up and stop trying. How many adults carry wounds from fathers who crushed their spirit?

This is how we raise the next generation in the full measure of Christ's power, will, and glory. Not by breaking their spirits but by building them up. Not by demanding perfection but by modeling grace. Not by harsh control but by loving guidance. Kingdom culture at home means that children are treasured and that parents are honored.

Believe It

- Children's obedience pleases the Lord—it's an act of worship.
- Parents are accountable to God for how they raise their children.
- The way we parent shapes the next generation's view of God.
- Kingdom culture builds children up rather than breaking them down.

Turn From

- Children: dishonoring and disobeying parents.
- Parents: provoking children through harshness or unreasonable demands.
- Parenting that discourages rather than empowers.
- Worldly patterns of control, neglect, or favoritism.

Receive

- Grace to fulfill your role in the family.
- Wisdom to discipline without discouraging.
- A vision for raising the next generation in power and love.
- Healing for wounds from your own childhood.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 16

Continue Steadfastly in Prayer

"Prayer is not occasional—it's relentless."

"Continue steadfastly in prayer, being watchful in it with thanksgiving." — Colossians 4:2

Here's the command that fuels everything else: CONTINUE STEADFASTLY IN PRAYER. The Greek word is PROSKARTEREŌ—it means to continue to do something with intense effort, to be devoted completely, to give constant attention to something. This is not casual prayer; it is relentless prayer.

Think about what "steadfastly" implies. It means prayer isn't just something you do when you feel like it or when you're in trouble. It's a discipline, a commitment, a way of life. You keep praying when you don't feel like it. You keep praying when answers seem slow. You keep praying when nothing seems to be happening. Steadfast.

But steadfast prayer has two essential companions: WATCHFULNESS and THANKSGIVING. "Being watchful in it"—this means alert, awake, spiritually attentive. Watchful prayer sees what's really happening in the spiritual realm. It notices what God is doing. It stays alert to the enemy's schemes. It pays attention.

"With thanksgiving"—we keep coming back to gratitude! Thankful prayer isn't just asking for things; it's acknowledging what God has already done. It changes the atmosphere of prayer from demanding to delighting, from frustration to faith.

This is how we fast and pray for 21 days. This is how we strive for kingdom culture and purity. This is how we see a breakthrough. Not random praying, but steadfast, watchful, thankful prayer.

Believe It

- God hears and responds to persistent prayer.
- Prayer is not occasional but a lifestyle of continual communion.
- Watchfulness in prayer keeps me alert to spiritual realities.
- Thanksgiving transforms the atmosphere of prayer.

Turn From

- Random prayer that gives up easily.
- Prayerlessness that tries to live in my own strength.
- Sleepy, distracted prayer that isn't watchful.
- Complaining prayer that forgets to give thanks.

Receive

- Grace to be steadfast—to keep praying no matter what.
- Spiritual alertness that sees what God is doing.
- A thankful heart that changes the atmosphere.
- Breakthrough as you persist in prayer.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 17

Pray for Open Doors

"Pray that God would open doors no one can shut."

"At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—that I may make it clear, which is how I ought to speak." — Colossians 4:3-4

Here, Paul asks for specific prayer. And his request reveals what mattered most to him, even while sitting in a Roman prison: that God would open doors for the gospel.

"Pray that God may open to us a DOOR FOR THE WORD." This is strategic prayer for gospel advance. Doors are opportunities—chances to share the message. Closed doors halt the mission; open doors multiply impact. Paul wanted prayer for opportunities to "declare the mystery of Christ"—to make known what was once hidden but is now revealed in Jesus.

Notice Paul was IN PRISON "on account of" this very message. Chains didn't stop him from wanting more doors to open! He wasn't praying for comfort or release. He was praying for more chances to speak about Jesus. That is apostolic focus.

And he wanted to make the message CLEAR—"which is how I ought to speak." Not confusing or complicated. Not impressive or intellectual. Clear. Understandable. Accessible. This is how we ought to speak too.

This is what we're praying for in these 21 days: open doors for the gospel in our community, in our relationships, in places we haven't reached yet. Pray for opportunities. Pray for clarity. Pray for boldness. The mystery of Christ must be declared!

Believe It

- God opens doors that no one can shut.
- Prayer moves the Hand that moves circumstances.
- The mystery of Christ is meant to be declared clearly.
- No chains can stop God's purposes from advancing.

Turn From

- Self-centered prayers that forget the mission.
- Letting circumstances stop my expectation for open doors.
- Confusing or complicated ways of sharing the gospel.
- Forgetting to pray for others who share the Word.

Receive

- Open doors for the gospel—personal and corporate.
- Clarity in sharing the mystery of Christ.
- Boldness that is not stopped by opposition.
- Strategic opportunities you haven't yet imagined.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 18

Walk in Wisdom Toward Outsiders

"Every moment with an outsider is an opportunity from God."

"Walk in wisdom toward outsiders, making the best use of the time." — Colossians 4:5

Here's how to engage with the unbelieving world: "Walk in wisdom toward outsiders." Not in fear. Not in judgment. Not in isolation. In WISDOM. This means thoughtfulness, discernment, and strategic awareness. You're representing Jesus to people who don't yet know Him.

"Outsiders" means those outside the faith—neighbors, coworkers, family members, strangers who don't yet follow Christ. How you live around them matters enormously. They are watching. They're drawing conclusions about Jesus based on you. Walk wisely.

What does wise walking look like? It's being consistent—not a different person on Sunday than Monday. It is being excellent—doing quality work that earns respect. It is being kind—showing the same grace you've received. It's being humble—not arrogant or superior. It is being genuine—not putting on a religious act.

"Making the best use of the time" translates to "redeeming the time" or "buying up the opportunity." Time is a limited commodity. Opportunities with unbelievers are strategic moments. Don't waste them. Be intentional. See every interaction as a God-appointed chance.

This is how we influence our communities—not by retreating into Christian bubbles but by walking wisely in the world, making the most of every opportunity God gives.

Believe It

- God has placed me around unbelievers for a strategic purpose.
- How I live around outsiders shapes their view of Jesus.
- Every interaction is an opportunity to be redeemed.
- Wisdom knows how to engage the world without conforming to it.

Turn From

- Carelessness in how I live before unbelievers.
- Fear or judgment that keeps me from engaging.
- Wasting opportunities God provides.
- Living inconsistently—one person at church, another outside.

Receive

- Wisdom to know how to walk with outsiders.
- Eyes to see opportunities God provides.

- Consistency that makes my witness credible.
- Influence that draws people toward Christ.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 19

Gracious Speech, Seasoned with Salt

"My words should taste like grace—with just enough salt."

"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person." — Colossians 4:6

We've talked about how to walk toward outsiders. Now Paul tells us how to TALK. "Let your speech ALWAYS be gracious." Not just on good days. Not just with people you like. ALWAYS. Every conversation. Every interaction.

"Gracious" speech is attractive, engaging, and pleasant to hear. It carries the flavor of grace—undeserved kindness, patient understanding, genuine interest in the other person. Gracious speech draws people in rather than pushing them away.

But also "seasoned with salt." This adds another dimension. Salt does multiple things: it preserves food from decay, enhances flavor, and creates thirst. Salty speech isn't bland or boring. It has substance. It makes people want more. It leaves a taste that lingers.

Why does this matter? "So that you may know how you ought to answer each person." Different people need different approaches. Some need gentle encouragement; others need direct challenge. Some need comfort; others need confrontation. Gracious, salty speech is wise speech—fitted to the person and the moment.

This is how we communicate the gospel in a world that's tired of harsh religion and bored with tasteless religion. We speak with grace that attracts and salt that stimulates. We answer each person in the way they need to be answered.

Believe It

- My words can carry the flavor of God's grace.
- Speech can be both gracious and important—attractive and challenging.
- Different people need different approaches.
- The Spirit gives wisdom for how to answer each person.

Turn From

- Harsh speech that pushes people away from the gospel.
- Empty speech that has no substance or impact.
- One-size-fits-all communication that ignores the person.
- Ungacious responses when challenged or questioned.

Receive

- Speech that is always gracious—in every situation.
- Word that is filled with knowledge and wisdom.
- Discernment to know how to answer each person.
- Words that create thirst for the living water.

Pray

Begin with a prayer of thanksgiving and praise. Approach God as one who truly longs to walk with Jesus in the fullness of resurrected life. As you pray, fix your heart on today's topic. Pray not as a spectator, but as a beloved son or daughter who has been invited to live, move, and breathe in the very life of Jesus.

DAY 20

Review and Prepare

"Tomorrow we will celebrate—today we remember how far we've come."

"When Christ, who is your life, appears, then you also will appear with him in glory." — Colossians 3:4

Tomorrow is our fast and prayer coming to an end. Today, we pause to reflect on what we've learned and prepare our hearts for worship.

Look back over these days of prayer and fasting. We've prayed and declared our new identity - risen with Christ, hidden in God, made complete in Him. We've put to death what belongs to our old life—fleshly desires, greed, anger, and lies. We've clothed ourselves with the new: compassion, kindness, humility, forgiveness, love. We've invited God's peace to rule in our hearts, His Word to dwell richly within us, worship to flow from pure hearts, and everything we do to be made whole in the name of Jesus.

We've prayed over our marriages, over raising our children, over our work, and over witnessing. We've committed ourselves to persistent prayer, asking for open doors, walking wisely with unbelievers, and speaking with grace.

This is the resurrected life. This is the culture of the Kingdom. This is how we raise the next generation in the fullness of Christ's power, purpose, and glory. This is the transforming power of the Cross.

Take time today to write down what God has done. What truths have taken root in you? What sins have been uprooted? What changes have you noticed? What does your faith see for the future?

Tomorrow, we come together as one church to close out this season of fasting and prayer. Come with a heart full of gratitude and ready to declare what God has done!

Review the Journey

- Week 1: I am risen, hidden, and set free in Christ.
- Week 2: Love binds, peace rules, and the Word dwells richly.
- Week 3: Family, prayer, and witness are transformed.

Prepare Your Heart

- What has God done in you during these 21 days?
- What truths have become real that were only ideas before?
- What sins or attitudes has God exposed and uprooted?
- How will you live differently from now on?

Pray

Father, thank You for this journey. Thank You for every truth that has taken root, every sin that has been exposed, every chain that has been broken. I'm not the same person I was 19 days ago. You have done something real. Tomorrow I will celebrate with my church family. Prepare my heart for worship. Prepare our community for the declaration. We have experienced the transforming power of the Cross. Now let us proclaim it! In Jesus' name, Amen.

DAY 21

GRAND CELEBRATION!

The Power of the Cross Has Changed Everything

"We prayed for a transformed life—and we've received it!!"

"When Christ, who is your life, appears, then you also will appear with him in glory." — Colossians 3:4

You made it! For 20 days, you've fasted, prayed, and soaked in the truth of the resurrected life. Today we celebrate! We declare what God has done. We worship with full hearts. Take your time with this. Read every word out loud. Let it sink deep. This is the day we mark what God has done and commit to living it out.

Our Declaration

WE DECLARE WHAT JESUS HAS DONE:

Jesus raised us from spiritual death to new life! Our death with Christ severed the chains to the old order. Our resurrection with Christ established new links to His heavenly kingdom. He has made us complete in Himself. The transforming power of the Cross has changed everything!

WE DECLARE WHO WE ARE:

We are risen with Christ! Our lives are hidden with Christ in God—completely safe, eternally secure. We are God's chosen people, holy in Him and dearly loved. We are complete in Jesus, lacking nothing. Christ is our life. When He appears, we will appear with Him in glory!

WE DECLARE WHAT WE'VE PUT TO DEATH:

We have put to death what is earthly: sexual immorality, impurity, lust, evil desire, and covetousness. We have put away anger, wrath, malice, slander, obscene talk, and lying. Every stumbling block to Christ's life has been identified and executed. These things no longer define us!

WE DECLARE WHAT WE'VE PUT ON:

We have clothed ourselves in compassion, kindness, humility, meekness, and patience. We forgive as we've been forgiven. Above all, we wear love, which binds everything in perfect harmony! Christ's peace rules our hearts. Christ's Word dwells in us richly. We sing with thankful hearts!

WE DECLARE HOW WE WILL LIVE:

Whatever we do, in word or deed, we do it all in Jesus' name! We work heartily as for the Lord. We build godly homes where the next generation sees Jesus. We continue steadfastly in prayer, being watchful with thanksgiving. We walk wisely toward outsiders. Our speech is gracious, seasoned with salt!

WE DECLARE OUR COMMITMENT:

As one church, we embrace the new life of Jesus! We commit to kingdom culture and purity. We will raise the next generation in the full measure of Christ's power, will, and glory, and send them out to change the world. In Jesus, we have conquered every spiritual enemy through the Cross. We are transformed!

AMEN AND AMEN!

Now What?

These 21 days have laid a foundation. But this isn't the end—it's the beginning! The truths you've believed, the sins you've turned from, the grace you've received—these are permanent realities to live from every single day.

Keep the Fire Burning

You are raised with Christ. Your life is hidden in God. Jesus is your life. The Cross has transformed you. Kingdom culture is taking root. Now go live it—and take the next generation with you!

To God Alone Be the Glory!