



21-Day Fasting Devotional

Your New Identity in Christ



DAY 1

Your New Identity in Christ

As a believer in Christ, you are entirely forgiven and made new. The old self is gone, and you've become a new creation. Your identity is no longer defined by past failures or struggles but by Christ's finished work on the cross. You stand righteous, holy, and blameless before God because of Jesus.

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

2 CORINTHIANS 5:17

You are not striving to get closer to God because you are already perfectly united with Him. Ephesians 2:13 assures us that you've been brought near by the blood of Christ, and your union with Him is unbreakable. Each day, you wake up fully accepted, fully loved, and fully alive in Him. The Spirit of Christ Himself dwells in you, empowering you to live out this new life.

Take a moment to reflect: "In what areas of my life do I still try to earn God's love, and how can I rest more deeply in His grace each day?"

Journal Prompt

As you journal, think about the truth that God's love and grace are not earned by what you do but received as a gift. During my fast, what has the Lord taught me about His provision and my dependence on Him?

DAY 2

Complete in Him

The truth that you have been made complete in Christ is foundational to understanding your identity and security in God. Colossians 2:10 declares, "In Him, you have been made complete," which means you lack nothing. This completeness is not about physical attributes or external circumstances but about your spiritual reality. In Christ, you have fullness because the fullness of God dwells in Him, and He lives in you.

This means everything you need, from your righteousness to your spiritual life, is fully provided for through Jesus.

"and in Him you have been made complete, and He is the head over all rule and authority."

COLOSSIANS 2:10

Imagine no longer striving to achieve acceptance or worthiness; instead, you rest in the fact that you already possess everything you need for a godly life. While the world demands achievement and performance to gauge worth, God's grace assures us that through Jesus, we are entirely equipped and blessed.

Journal Prompt

How does knowing you are complete in Christ alleviate pressures and expectations you might feel in life? What specific needs or wants have you been striving for, and how might acknowledging your completeness in Christ provide you a fresh perspective?

DAY 3

Renewing Your Mind

Understanding who you are in Christ begins with renewing your mind. God's Word tells us that we are new creations; the old is gone, and the new has come. This transformation necessitates a shift away from old, limiting beliefs about ourselves, toward embracing the truth of our identity in Christ.

You are now righteous, holy, and blameless in God's sight because of Jesus. Our minds need this renewal to align with our heart's new reality — perfectly united with Him, inseparable from His love and purpose.

"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

ROMANS 12:2

This is about shifting your thinking from striving to "get close" to God, to resting in the profound truth that He's already brought you near. Each day, remind yourself that you wake up fully accepted, fully loved, and fully alive in Him. This mindset empowers you to express His love naturally, as Christ Himself lives in you.

Journal Prompt

What beliefs or thoughts have I held that make me feel I need to earn God's love, and how can I consciously choose to rest more in His grace each day? During my fast, how is God renewing my mind about His provision?

DAY 4

Freedom from Law and Tradition

As a believer in Christ, part of your new identity involves freedom from the bondage of the law and human tradition. With Christ's coming, you have been freed from the constraints of the old covenant, where the law served mainly to highlight sin and amplify guilt. In Christ, you are a new creation, living not under law but under grace.

The demands and accusations of the law are completely satisfied by Jesus' work on the cross. You are righteous, holy, and blameless in God's sight, not by adherence to rules or rituals, but by faith.

"For sin shall not be master over you, for you are not under law but under grace."

ROMANS 6:14

Remember that you are deeply loved by God, and He is not counting your adherence to traditions against you. Nothing can separate you from His love. You don't need to earn His approval through customs or legalistic observance. This love is your anchor, allowing you to live boldly and authentically in the freedom He provides.

Journal Prompt

What areas of my life do I still feel pressure to comply with religious laws or traditions, and how can acknowledging my freedom in Christ help me rest in His grace each day? How

has God used fasting to teach me about true freedom?

DAY 5

Unshakable Love

As a believer, your new identity in Christ is grounded in the unshakable love of God. This love is not dependent on your performance, achievements, or adherence to any set of rules. It is a steadfast love that remains with you through every high and low.

Being a new creation means that the past has no hold on you. You are freed from guilt and condemnation, completely wrapped in the righteousness of Christ. God's love, revealed through Christ, is unchanging and ever-present. It's this profound love that defines you, not past failures or worldly validations.

"For I am convinced that neither death, nor life... nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord."

ROMANS 8:38-39

In Christ, you don't have to strive to draw near to God, because Ephesians 2:13 assures you that you've already been brought near by His blood. This divine union isn't fragile; it's a permanent bond, cemented by an unbreakable love that anchors you no matter what life throws your way.

Journal Prompt

In what areas of my life do I need to trust in God's unshakable love more, and how can this assurance transform my daily experience? During my fast, how has God revealed His unshakable love to me?

DAY 6

Growing Roots

In your journey as a believer, growing deep roots in Christ is vital. This means your spiritual life is not static; it is dynamic growth, akin to a tree with robust, nourishing roots. As you sink these roots deeper into the soil of God's love and truth, you'll find stability and strength, fully able to withstand life's challenges and thrive.

"Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude."

COLOSSIANS 2:6-7

Your identity is no longer defined by the shifting sands of circumstance or others' opinions. Instead, it's anchored in Christ, making you resilient, secure, and fruitful. As you continue to grow in Him, your faith is fortified, and your life becomes a testament to His amazing grace.

Journal Prompt

How am I intentionally growing my roots in Christ, and what elements of my life need deeper rooting in His truth and love? During my fast, in what ways has God shown me the importance of growing deeper roots in Him?

DAY 7

Confidence in His Good Work

Philippians 1:6 gives us a profound assurance. This means your journey in Christ is secure from start to finish because it's God who is at work in you. He's the initiator of your faith and the one faithfully committed to carrying it to completion. You are not left to your own devices; instead, the Creator of the universe actively shapes and molds you.

"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."

PHILIPPIANS 1:6

Your identity in Christ is anchored in this promise, providing unshakable confidence that regardless of circumstances or challenges, God's work in you is ongoing and unstoppable. You can rest knowing that each step you take is part of His divine plan to bring about growth and fulfillment.

Journal Prompt

What areas of my life do I need confidence in God's ongoing work, and how does this assurance of His completion change my perspective on my personal journey? During my fast, how has God affirmed His promise of completing the work He began in me?

DAY 8

Being Light in the Darkness

As believers, we are called to be light in a world often shrouded in darkness. Your life, reflecting Christ's love and truth, is a beacon for others to see and be drawn to God's goodness. Trust that your everyday actions can have a profound impact.

"Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

MATTHEW 5:16

Let the light within you shine authentically, confident that it will lead others to glorify God. This isn't about striving to create light on your own but allowing the light of Christ within you to shine through naturally. You have His light because He dwells in you. You may feel alone in dark times, but remember, God is faithful.

Journal Prompt

In what ways can I let my light shine brighter in my current environment, and how can I remain encouraged when I feel overshadowed?

DAY 9

Being an Example to All

Whether you're influencing children, guiding a spouse, encouraging colleagues, or being a light in your community, Proverbs speaks to the impact of intentional relationships. Although the verse specifically mentions children, it underscores a universal truth about sowing seeds of wisdom and love in all those you touch.

"Train up a child in the way he should go, even when he is old he will not depart from it."

PROVERBS 22:6

It's our role to pray for our children and grandchildren, being intentional about the example we set. Your patient guidance and prayers lay a foundation of faith that echoes through generations. Sometimes it may feel like your efforts aren't making a difference, but trust that God is at work. Even the smallest act of kindness or encouragement can have a lasting impact.

Journal Prompt

How can I actively pray for and mentor the younger people in my life, and what kind of example am I setting for them?

DAY 10

Evangelism

The Great Commission is often seen as a monumental task, but it's a beautiful opportunity to live out the transformative love of Christ in your everyday life. You don't have to go to the ends of the Earth to fulfill this calling. It starts right where you are, in your existing relationships and community.

"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

MATTHEW 28:19

Remember, Jesus promises to be with you always (Matthew 28:20). You're not embarking on this mission alone. His Spirit within you empowers and guides you, offering wisdom and courage in every encounter. Evangelism doesn't always mean grand gestures or speeches. Sometimes, it's the warmth of your smile, the kindness in your actions, or the compassion in your listening that speaks volumes of God's love to others.

Journal Prompt

Who in my circle needs to hear about Jesus, and how can I be intentional about sharing His love with them?

DAY 11

Being Bold in Our Faith

Boldness in faith is about courageously living out your beliefs despite challenges or fears. God's Spirit within you is a source of power and love, enabling you to stand firm. This verse is a powerful reminder of the Spirit that God has placed within you—a Spirit not of fear, but of power, love, and a sound mind.

"For God has not given us a spirit of timidity, but of power and love and discipline."

2 TIMOTHY 1:7

It speaks to your true identity in Christ and what you are equipped to be in this world. You're empowered by God to live boldly. His Spirit assures you that you are capable of living out your faith with confidence, not drawing back in fear but stepping forward in His strength. The love you've received from God is meant to overflow, touching the lives of those around you.

Journal Prompt

Where do I struggle with timidity in my faith, and how can I lean into the Spirit's power to be more courageous?

DAY 12

Praying for an Unbeliever

Prayer is powerful in touching the lives of unbelievers. Your heartfelt prayers invite God's grace and truth to work in the lives of those who haven't yet encountered His love. This scripture captures the deep longing and commitment to praying for others to come to know Jesus.

"Brethren, my heart's desire and my prayer to God for them is for their salvation."

ROMANS 10:1

It serves as both an invitation and a reminder that your prayers have an eternal impact. When you pray for others' salvation, you're aligning your heart with God's own desire for all to come to knowledge of the truth. Your prayers play a powerful role in God's plan, opening spiritual doors and preparing hearts to receive His grace.

Journal Prompt

Who is one unbeliever I am committed to praying for, and how can I persist in lifting them up even when I don't see immediate results?

DAY 13

Praying for Faith to Mark This World

Faith isn't just an internal belief but a transformative power that marks and shapes the world around us. Your faith can inspire and lead others to Christ. Faith is not a wishful thinking; it's a confidence grounded in God's unwavering promises.

"Now faith is the assurance of things hoped for, the conviction of things not seen."

HEBREWS 11:1

It's the assurance that what you hope for, in alignment with His will, is already established in His perfect timing. Let your faith be evident to those around you, as a catalyst for change and hope in this world.

Journal Prompt

How can my faith be more visible and impactful in my community, and what steps can I take to encourage others in their journey?

DAY 14

Praying Against the Schemes of the Enemy

The spiritual battle is real, yet you are equipped with the armor of God to stand firm. Prayer is a powerful tool to resist and overcome the enemy's tactics. This powerful verse invites you to recognize the spiritual realm and be prepared, not through your strength but through God's provision.

"Put on the full armor of God, so that you can take your stand against the devil's schemes."

EPHESIANS 6:11

The full armor of God equips you to stand resilient and confident against challenges and spiritual attacks. Each piece of God's armor—truth, righteousness, readiness from the gospel of peace, faith, salvation, and the Spirit—represents an aspect of Jesus Christ. When you fully embrace Him, you're wearing His protection.

Journal Prompt

Where do I need to be more vigilant in prayer against the enemy's schemes, and how can I fully utilize the armor of God I've been given?

DAY 15

Pray for Global Church

This freedom is for Christians everywhere—across every nation, culture, and language. No matter where believers live or what they face, we are united by the same truth: Jesus has already paid the price for our freedom. The global Church is called to stand firm in this freedom, not returning to fear or legalism.

"It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery."

GALATIANS 5:1

As believers around the world grow in their love for God, may that love also overflow toward one another—reaching beyond political borders, differences, and divisions. Our sins—past, present, and future—are forgiven, and we belong to Christ forever. Because of this, Christians everywhere can share the Gospel with joy, humility, and boldness.

Journal Prompt

Pray for the global Church to break free from cultural and historical limitations and to embrace the full measure of grace found in Christ. How do you see yourself contributing to this mission locally and globally?

Praying for Church Leaders

In this passage, Paul urges Timothy—and by extension, all believers—to lift prayers for those in authority, which includes our church leaders. This instruction is powerful as it underlines the importance of spiritual leadership within our communities. By prioritizing prayer for leaders, we align ourselves with God's design for the church as a place of guidance, peace, and spiritual nourishment.

"First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity."

1 TIMOTHY 2:1-2

Leaders often face unique challenges, such as the need for wisdom in decision-making, strength in the face of trials, and resilience against burnout. Praying for them is an act of love and partnership in the Gospel, recognizing their critical role and interceding for their wellbeing and endurance. When leaders are supported through prayer, they are more equipped to lead effectively with grace and wisdom.

Journal Prompt

Reflect on specific ways you can pray for your church leaders. How does lifting them in prayer change your perspective on your role within the church community?

DAY 17

Reconcile Broken Relationships

These Scriptures show us that God deeply values our relationships, and He invites us to live this out in practical ways every day. If there is tension or unresolved conflict with someone, take a step toward peace by sending a message, making a phone call, or asking for a conversation.

"Therefore, if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."

MATTHEW 5:23-24

When bitterness or offense surfaces during prayer, pause and ask God to help you forgive, even when it feels difficult or uncomfortable. Forgiveness doesn't mean excusing the hurt—it means choosing freedom over holding on. Often, this requires choosing humility instead of needing to be right, and peace instead of winning an argument.

Journal Prompt

Reflect on a relationship where reconciliation is needed. What steps can you take to seek peace in this situation? How does embracing God's forgiveness in your life equip you to reconcile with others?

DAY 18

Perseverance Through Persecution

In 2 Timothy 3:12, Paul reminds believers that persecution is a reality for those who follow Jesus. Living a godly life in a world that often opposes God's truth naturally brings about challenges and opposition. It's not a sign of failure or abandonment; rather, it reflects our union with Christ, who Himself faced persecution.

"Indeed, all who desire to live godly in Christ Jesus will be persecuted."

2 TIMOTHY 3:12

Understanding that persecution can come in various forms—whether social, emotional, or physical—equips us to respond in faith rather than fear. Jesus has promised His presence with us in every trial, and His Spirit empowers us to stand firm. Though persecution can be daunting, it is also an opportunity to experience God's strength and comfort like never before.

Journal Prompt

Reflect on a time when you've faced opposition because of your faith. How did you see God working through that experience? How might embracing your identity in Christ empower you to face future challenges with confidence?

The Pruning Process

Jesus uses the metaphor of gardening to illustrate our spiritual growth. Pruning is the vital process where unnecessary or harmful elements are removed to encourage more fruitful growth. In our lives, God prunes us by cutting away attitudes, habits, and dependencies that hinder our spiritual maturity.

"Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit."

JOHN 15:2

This may involve experiencing challenging circumstances, embracing uncomfortable truths, or letting go of certain relationships or behaviors. Pruning isn't a punishment but a loving and purposeful act. God's goal is to make us more like Christ, enabling us to bear more fruit—love, joy, peace, and all the attributes that reflect His character.

Journal Prompt

Consider a recent challenge or change you have faced. How might this be an area of pruning in your life? How does embracing God's perspective on pruning help you trust Him more deeply?

DAY 20

Offering Your Life to God

The idea of offering our lives to God is beautifully captured in Romans 12:1. This is about willingly aligning ourselves with God's purpose because of the immense mercy He has shown us, not about admitting defeat. Offering ourselves as living sacrifices means embracing our identity in Christ and allowing His life to be expressed through us.

"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship."

ROMANS 12:1

The New Testament never calls for us to "surrender" in the sense of giving up to an opposing force. Instead, it's about recognizing we are already fully reconciled and loved by God, and choosing to let the Spirit guide our actions and attitudes. Embrace your identity in Christ by daily acknowledging you are a new creation—completely accepted and loved.

Journal Prompt

Reflect on how you can present yourself as a living sacrifice today. What areas of your life could better reflect your identity in Christ? Write about the steps you can take to allow God's Spirit to express His love through you.

Molding Your Character to Reflect Jesus

In 2 Corinthians 3:18, Paul speaks to the transformative journey every believer embarks upon—a journey of reflecting Jesus' character. This transformation is not about striving to become something we are not but about allowing the Spirit to naturally express the character of Christ through us.

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."

2 CORINTHIANS 3:18

As we focus on Jesus, His qualities and love are mirrored in us more and more. We are not becoming more of Jesus through our own efforts but are instead being transformed by beholding His glory and acknowledging our union with Him. Spend time in God's Word and in prayer, focusing on understanding more of who Jesus is and how His love is manifest in your life.

Trust the process of God's work in you, knowing that each day, He is faithfully transforming you to reflect Jesus more fully.

Journal Prompt

Reflect on areas of your life where you see God's transformative work evident. How have you seen His character being molded in you recently? Write about where you'd like to see more of Jesus' qualities reflected in your life.

