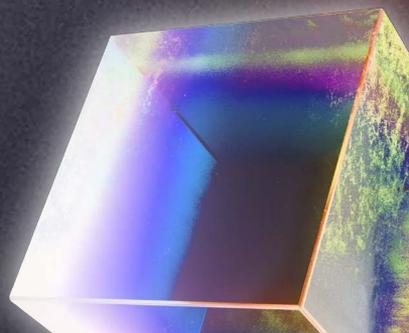


Seven Day
RADICAL
FAST



RADICAL FAST SCHEDULE

**JOIN US IN THE SANCTUARY EACH EVENING
FOR THESE SPECIAL GATHERINGS:**

- Monday, Jan. 12 at 6:30 PM
- Tuesday, Jan. 13 at 6:30 PM
- Wednesday, Jan. 14 at 6:30 PM
- Thursday, Jan. 15 at 6:30 PM
- Friday, Jan. 16 at 6:30 PM
- Saturday, Jan. 17 at 6:00 PM
- Sunday, Jan. 18 at 6:00 PM

THE POINT OF THIS BOOKLET

As we pursue God together this week, we will be reflecting on the words of Paul in Ephesians 4–5—the call to **put off the old self**, be **renewed in our minds**, and **put on our new selves in Christ**.

This booklet includes daily devotionals designed to help you engage in intentional conversation with the Holy Spirit throughout each day of the fast. You will also find notes and resources connected to each nightly gathering.

Some of these resources are best experienced within the context of our gatherings. If you happen to miss a night, you can access recordings by scanning the QR code or by visiting www.newcity.church.



We are excited to enter this season of fasting together and look forward to seeing how God uses this time to draw us closer into relationship with Himself.

3 QUICK THOUGHTS ON FASTING

1. GOD REWARDS FASTING

MATTHEW 6:17-18

“...when you fast...your Father, who sees what is done in secret, will reward you.”

We didn't come up with this plan. He did. It's God's desire to bless you when you pursue Him in practical ways. Rather than getting really specific in your idea of how He should bless you, pray for contentment with whatever He chooses as your reward. It may be different than you expect. It may come at a different time. But God is good and so are His rewards. If you chose your reward, it might be a cheeseburger that you could eat immediately. God can do better than that, but it might take patience. Let Him decide when and how He will reward you, and look forward to it! He's your Father and He's good at blessing you!

2. JESUS EXPECTS US TO FAST

MATTHEW 6:17

“...when you fast...”

Jesus never said, “if you fast”. He said, “when you fast”. As radical as it can seem to stop eating or to change your diet, this is normal behavior for a follower of Jesus. Stirring hunger as we pursue God is good. Congratulations! You are fulfilling a command from Jesus, which is always good! You can do this! Jesus expects you to! Don't give up!

3. FASTING IS SUPPOSED TO BE HARD

MATTHEW 6:16,17

“When you fast, do not look somber...when you fast, put oil on your head and wash your face...”

When Jesus taught us how to fast, He had to emphasize how to not look miserable. He took time to teach us how to look normal. Why? Because fasting makes you feel miserable and not normal! Fasting is supposed to be hard. That's the point. While I fast, I'm teaching my body that my spiritual craving for God is more important than my body's craving for attention. But my body is fighting back! Don't give up when it gets difficult. That's when you know it's working! Keep showing your stomach that God is the Boss!

JAN 12 / DAY 1

“WHEN YOU FAST”

Have you ever had someone speak kindly of you, do you a favor, or buy you a gift, but it was obvious they were just wanting something from you in return? Not the best feeling right? It's not uncommon for us to treat God the same way when we fast. “Hey big guy upstairs, I'm doing this really holy and difficult thing, so what's in it for me?”

I have been guilty of this, and it's an easy mindset to slip into. I complete a hard, holy task → I should receive a reward for my goodness. But God isn't Santa Claus, he's our Father and our Lord. Fasting isn't a way to show God how deserving of blessing you are, it's a way to slow down and realize a couple of things:

- **“I'm not all powerful”** - I require food to live—and I get grumpy fast.
- **“I'm not of this world”** - Stopping basic functions of the flesh is not a natural thing to do, my calling is alien to this world.
- **“My flesh and emotions are not my master”** - I don't have to be controlled by my desires, I have power to deny them, and follow my true master.

These realizations actually draw us deeper into our relationship with Christ. *It's a reset of your mind.* It forces you to take your eyes off this world, and focus on what truly matters. **Your Jesus.** But we do see healing, restoration, revelation and other miracles during times of fasting, so what's up with that? One Bible story comes to mind.

In John chapter 6, Jesus appears to the disciples in the middle of the Sea of Galilee walking on water. At first they are afraid, but then they realize it's their Jesus. All the while a storm was brewing around them, jeopardizing their safety. *That wasn't their focus however.* They were **focused on Jesus, and they invited him** into their boat. *Into their messy situation.* Once He stepped in, they miraculously and instantly arrived at shore, away from danger. (That's right, they teleported. Pretty cool.)

Our Father is good and He wants to give gifts to his children, so of course blessing will come with a relationship with Him. However, we don't earn the gifts, they are freely given. Jesus said *“If you love me, then you'll obey all my commands.”* The first priority in that statement is relationship with him, and holiness flows from that relationship, not the other way around.

This week, don't fast hard for a blessing.
Silence the flesh to draw closer to your God.
And **because He's good**, he'll bless you.

PRAYER PROMPTS:

“God, show me how I can draw closer to you this week and how I can ignore the lie that I need to earn your love and blessings.”

“Jesus, thank you for giving me so many gifts that I don't deserve. Help me to focus on relationships with you and not religious tasks.”

JAN 13 / DAY 2

RENEWAL

“With the Lord’s authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused.”

—Ephesians 4:17

Paul draws a clear contrast between two ways of living. One is the old way—a life shaped by a mind trapped in futility. This confusion isn’t about intelligence. It’s about direction. Their thinking is empty and misaligned, cut off from the life God offers. It shows up as darkened understanding, closed minds, hardened hearts, a dulled sense of right and wrong, and lives increasingly organized around whatever brings the most pleasure.

But Paul says plainly, *“That is not the way of life you learned.”* Then he reminds them of what they were taught when they came to Christ. They were taught to **put off the old self**. This was a decisive, once-for-all break. The old way of being—shaped by deception and disordered desire—was laid aside. It no longer defines who they are.

They were taught to be **renewed in the spirit of their minds**. This is ongoing. Renewal is something God continually does in us as we stay open to Him. Paul isn’t saying, “Try harder to think better.” He’s inviting us to allow God to keep reshaping the direction and posture of our minds. They were also taught to **put on the new self**. This, too, is decisive. The new self has already been embraced—created to reflect God’s likeness in righteousness and truth. This isn’t something we earn; it’s an identity we live from. So Paul’s contrast isn’t between bad thoughts and good thoughts. It’s between a mind aimed at emptiness and a mind being renewed by God. The old self has already been put off. The new self has already been put on. What remains is the ongoing renewal that helps our daily lives line up with what is already true.

This is where fasting comes in. Fasting doesn’t put off the old self or put on the new self—Christ has already done that. Fasting creates space for renewal. When we say no to food, constant stimulation, or habitual comforts, the noise quiets. Old patterns lose momentum. Our deeper dependencies come into view—not to shame us, but to show us what has been shaping us. That’s why fasting pairs so well with renewal. The body quiets. The soul becomes attentive. And the spirit realigns with the life God is forming in us.

Fasting is not punishment. It is participation.
Not striving, but availability.
Not earning change, but learning to walk in the light.

REFLECTION:

1. Where might I still be living as though the old self defines me, even though it no longer does?
2. What habits or comforts may be resisting God’s ongoing work of renewal in me?
3. During this fast, what would it look like to receive renewal rather than try to force change?

NIGHT 2 / JAN 13

SPIRITUAL INVENTORY LIST

1. HEART CONDITION & INNER LIFE

- Pride
- Narcissism or love of self
- A hardened heart
- Loss of spiritual sensitivity
- Bitterness or resentment
- Hate
- Self-deception or rationalizing sin
- Hypocrisy
- Living disconnected from the life of God while maintaining outward religion
- Ignorance of God's ways through resistance to truth
- Unbelief or refusal to trust God
- Worry or anxious living that replaces trust in God

2. MINDSET, THINKING, & BELIEF

- Futile, empty, or darkened thinking
- Unwise or careless judgment
- Foolishness/undisciplined thinking
- Loving human autonomy or making oneself equal with God
- Following traditions that nullify God's commandments
- Occult behavior (*participating in Satanic practices such as astrology, tarot reading, ouji, voodoo, interacting with spirits, etc.*)
- Adding to or subtracting from God's Word
- Preaching false doctrine
- Following false teachers

3. ALLEGIANCE, WORSHIP, & AUTHORITY

- Worshiping other gods or elevating anything above God
- Idolatry of comfort, success, identity, or control
- Disobedience or selective obedience
- Rebellion against God-given authority structures
- Disrespecting or dishonoring parents
- Ignoring or disrespecting church leadership
- Rebellion against governing authorities
- Being unequally yoked with unbelievers (being in committed relationships or partnerships with unbelievers)

4. SEXUAL SIN & IMPURITY

- Sexual immorality (any sexual behavior outside the covenant of marriage)
- Fornication (any sexual relationship outside the covenant of marriage)
- Adultery
- Homosexuality
- Incest
- Perverse or sexualized thinking and desire
- Impurity of heart, motives, or lifestyle
- Immodesty
- Sensual living or pursuit of physical pleasure
- Being given to sensuality/flirting/luring

NIGHT 2 / JAN 13

SPIRITUAL INVENTORY LIST

5. ADDICTIONS, EXCESS, & LOSS OF CONTROL

- Drunkenness
- Allowing substances to control or dull judgment
- Escapism that replaces obedience, responsibility, or spiritual alertness
- Debauchery or wasteful living without restraint or purpose

6. MONEY, POSSESSIONS, & WORK

- Greed
- Loving money
- Coveting what belongs to others
- Fixation on wealth, possessions, comfort, status, or achievement
- Theft
- Bribery
- Swindling or cheating
- Manipulating or taking advantage of others for personal gain
- Gaining unfairly or without honest effort
- Idleness or refusal to work responsibly
- Wastefulness or squandering time, gifts, or calling

7. ANGER, CONFLICT, & RELATIONAL SIN

- Murder
- Revenge or desire for personal vengeance
- Anger, rage, or aggression
- Not forgiving others
- Quarreling or causing division within the church
- Emotional withdrawal or refusal to pursue reconciliation
- Malice or ill will toward others
- Harshness toward a spouse
- Rebellion against a spouse's God-given role
- Harshness toward children or provoking them to discouragement
- Discrimination or favoritism based on status, race, wealth, or background

8. SPEECH & USE OF WORDS

- Falsehood or lying
- Gossip
- Slander
- Verbally abusing others
- Mockery or scorn
- Insulting in return for an insult
- Coarse joking or obscene speech
- Unwholesome or destructive talk
- Foolish, empty, or careless speech
- Blasphemy

NIGHT 2 / JAN 13

“TAKING OFF THE OLD”

PROMPT 1

Ask God:

- *“Help me desire to know you better.”*
- *“Give me wisdom and revelation.”*
- *“Remind me of your hope.”*

Express:

Your willingness to participate.
Your commitment to respond to His prompting.

PROMPT 2

Ask God:

- *“Search my heart.”*
- *“Reveal thoughts, attitudes, and actions that offend you.”*

Keep your mind quiet and listen for what God reveals.

PROMPT 3

Ask God:

- *“What evil and darkness did I participate in before knowing You?”*
- *“What evil and darkness am I currently participating in?”*

Expose these deeds by writing down or circling what God reveals.

PROMPT 4

Ask God:

- *“How have I used my words, my body, or my possessions in ways that offend You?”*
- *“How have I used my words, my body, or my possessions in ways that offend others?”*

Expose these deeds by writing down or circling what God reveals.

PROMPT 5

Ask God:

- *“Who do I need to forgive?”*
- *“Where is there bitterness in my life?”*

Expose these deeds by writing down or circling what God reveals.

PROMPT 6

Ask God:

- *“What thoughts, attitudes, or beliefs have I held that don’t align with Your truth?”*
- *“How have my wrong thoughts, attitudes, and beliefs led me into sin?”*

PROMPT 7

Ask God:

- *“Help me see my sin as You see it.”*
- *“Give me godly sorrow and lead me to repentance.”*

JAN 14 / DAY 3

“WELL... THAT’S REVEALING”

Ephesians 5:11–14

Don't participate in the fruitless works of darkness, but instead expose them. For it is shameful even to mention what is done by them in secret. Everything **exposed by the light** is made visible, for what makes everything visible is light.

Romans 13:12

*The night is nearly over; **the day is almost here.** So let us put aside the deeds of darkness and put on the armor of light.*

Darkness thrives on secrecy, but Paul reminds us that we are no longer meant to live hidden lives. As children of light, we don't need to fight darkness on its own terms or match its volume; we simply **bring the light of Christ into our everyday life**. When God's light enters our thoughts, habits, and relationships, what was once concealed is gently but unmistakably revealed, *not to shame us* but to heal and transform us like Romans 12:1-2 talks about. Light doesn't debate what's wrong; it makes truth unavoidable. As we walk openly with Jesus, our very lives become illuminating, both to ourselves and the world around us, exposing what is fruitless and making room for what leads to life.

As you walk today remember that light doesn't argue with darkness; it **reveals** it.

PRAYER PROMPTS:

“God, search my heart. What needs to continue to be brought to light within me today?”

“Jesus, what next steps can I take to “walk in the light”?”

NIGHT 3 / JAN 14

“THREE LIES”

1 I used to believe the lie about God that...

“He doesn’t love me”
“He won’t provide for me”
“He’s not perfect”
“I can’t know the real God, or if He’s real”
“Jesus wasn’t God”
“There is no Holy Spirit”

“He doesn’t care what I do”
“He is mostly disappointed in me.”
“His commands are restrictive, not good”
“He cannot be trusted with my pain”
“He will bless me if I perform well enough”

...which led me to commit the sin of _____ which is really rooted in a lack of faith in His....

Love
Holiness
Goodness
Righteousness

Power
Control
Triune nature
Truthfulness

... which is who God truly says He is.

2 I used to believe the lie about myself that...

“I’m not valuable”
“I matter more than other people”
“I’m broken”
“I’m never going to change”
“I am in control of my life”
“I don’t worship anything”
“I have to look out for myself”

“Being vulnerable is unsafe”
“What I want is more important than what God wants”
“I’m incapable of controlling my desires”
“I deserve this”
“I’ve gone too far this time”
“I am alone”

...which led me to commit the sin of _____ which is really rooted in....

Selfishness
Pride
Arrogance

Self-loathing
Rebellion

... which is a lack of trust in who God says I truly am.

3 I used to believe the lie about others that...

“They are less valuable than me”
“Some people matter more”
“They are only what they’ve done”
“They meant to hurt me”
“If they loved me, they would be different”
“They will never change”

“They are not as good as me”
“I’m protecting myself, not withholding forgiveness”
“I don’t need them”
“Their sin doesn’t affect me”
“Results matter more than relationships”

...which led me to commit the sin of _____ which is really rooted in....

Selfishness
Pride
Arrogance

Unforgiveness
Fear

16... which is a lack of trust in who God says they truly are.

NIGHT 3 / JAN 14

THREE STEPS OF REPENTANCE

1 **ACKNOWLEDGE THE WRONG DIRECTION** Repentance begins with honesty.

*"I was going the wrong direction.
I was worshiping something else."*

Recognize where your heart has drifted.

Repentance starts when you stop minimizing and start acknowledging reality.

2 **TAKE PERSONAL RESPONSIBILITY** Repentance is personal & specific.

2 SAMUEL 12:13

"I have sinned against the Lord."

"I" - No excuses. No blame-shifting.

"Have sinned" - Call it what it is. Not a mistake, not an accident. Sin is a choice.

"Against the Lord" - Understand the seriousness. Sin is ultimately against God.

Repentance starts when you stop minimizing and start acknowledging reality.

3 **ASK GOD FOR INNER CHANGE & HIS SPIRIT** Repentance is not behavior modification, it's heart transformation.

"Create a clean heart in me"

"Renew a steadfast spirit in me"

"Don't banish me from your presence"

"Give me my joy back"

"Give me a willing Spirit"

This is a request for renewal, not relief from consequences.

JAN 15 / DAY 4 BURN BRIGHT

PHILIPPIANS 2:13-16

“ For it is God who works in you to will and to act in order to fulfill his good purpose. Do everything without grumbling or arguing, so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky as you hold firmly to the word of life... “

As a child of God, I am a light in this world. The question is, “*How brightly do I shine?*”

Looking around our world, many would describe what they see as “warped and crooked.” This is not an excuse to flicker in dark situations. Your position in a dark place makes it even more important to shine brightly. After all, you may be the only light in that dark place.

Verse 13-14 specifies that God works in you to fulfill your purpose to shine as a light in the darkness—when you are scared, embarrassed, scorned, shunned, and even persecuted. And He will enable you to do it without grumbling or arguing—against Him, one another, or even the ungodly world around us. This seems like an unattainable goal, but it is possible as we hold firmly to the word of life (verse 16).

We have the capacity as children of light not just to flicker in the darkness, but to shine as brightly as a star in the sky!

PRAYER PROMPTS:

“God, work in me, enabling me to shine brightly, even in the darkest situations. Teach me, day by day, to walk in your light and to surrender every area of my life to you and your leadership (even in the areas I think I have it under control).”

“God, I don’t just want this change in my actions and words, but also in my thoughts and the will of my heart as well. Search my heart and my mind and point out where my beliefs and thoughts don’t represent your kingdom.”

NIGHT 4 / JAN 15

EIGHT, COMMON, FALSE IDENTITIES OF A BELIEVER.

THE ORPHAN

Lives as though God is distant or unreliable.
Marked by insecurity, fear of abandonment,
and striving for belonging.

THE PERFORMER

Believes worth is earned through spiritual success, obedience,
or ministry productivity rather than grace.

THE ACCUSED

Defined by guilt and shame, constantly replaying past sins
even though Christ has already forgiven them.

THE FEARFUL

Controlled by anxiety—about the future, provision, people,
or failure—rather than trusting God's sovereignty.

THE SELF-RELIANT

Depends on personal strength, discipline,
or wisdom instead of daily dependence on God.

THE PEOPLE-PLEASER

Finds identity in approval, affirmation,
or acceptance from others instead of God.

THE CONDEMNED

Lives under a sense of divine displeasure,
believing God is perpetually disappointed or angry with them.

THE VICTIM

Interprets life primarily through wounds, trauma,
or injustice, allowing pain to define who they are.



**FOR MORE ON THIS TOPIC, CONSIDER READING
STOLEN IDENTITY BY GARY MAYER.**

JAN 16 / DAY 5

WALK IN THE LIGHT

Have you ever walked on a mountain path on a night where there wasn't a star in the sky? Hopefully you had a light to guide your path. But after trusting the light for a while, you might have gotten distracted, and taken the light off the path, thinking "I've got this." As a result, your footing probably became unsteady, causing you to trip and possibly hurt yourself. Unfortunately, when we neglect God's word and instructions for our lives, our path can often feel like wandering around on a forest trail without a light to guide us.

It's vitally important that we remember the Bible is a lamp and a guide for this life.

There is a story found in Isaiah 30 where the children of God were unwilling to listen to God's instructions. They preferred to be led and guided by **what they wanted** to hear, choosing to believe illusions and placing their trust in someone other than God. There have been seasons in my life where I have felt "in the dark" because I chose to ignore God's voice or clear guidance that is found in His word. Thankfully,

I find when I genuinely turn to him in repentance, he graciously shows me the way.

"Whether you turn from the right or to the left you will hear a voice behind you saying, this is the way, walk in it," Isaiah 30:21

As Children of light **we are called to walk in the light**, as He is in the light. When we walk in the way He shows us, we learn how to walk in the light **with one another**. This week as we read and meditate on Ephesians 4 & 5, I pray we allow God's word to guide our path, leading us to walk in love, the kind of love Jesus walked in.

1 John 1:5-10

PRAYER PROMPTS:

Pray directly from Scripture. It's one of the best ways to pray!

Psalm 119:105

Your word is a lamp unto my feet and a light unto my path.

Psalm 139:23-24

Search me God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 112:1, 4

Praise the Lord. Blessed are those who fear the Lord, who find great delight in his commands. Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous.

NIGHT 5 / JAN 16

RENEWAL

2 CORINTHIANS 10:5 NIV

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

ROMANS 12:2 NIV

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

PROVERBS 18:10 NIV

The name of the Lord is a fortified tower;
the righteous run to it and are safe.

NEW IDENTITY DECLARATION:

"I was living as _____

because I believed _____.

Now ***I am*** _____

so I will _____."

JAN 17 / DAY 6 ONCE UPON A TIME...

Read: 2 Peter 1:5-8; John 1:4-5; Psalm 42

When I was a child, I always loved the “fairytale story”. You know the one...it begins with a dream and ends with the perfection of seeing that dream come true. As I began my Christian walk, I envisioned a life with Christ to feel the same. Always love, grace, and blessings without trial or shame. No conflict or doubt.

But what happens on the journey from salvation to our home in Heaven is a really different kind of story. Yes, we get the “once upon a time” of salvation. We get the beauty of a “happily ever after” at the end of our life journey by entering heaven as our forever home. **But the process of sanctification can sometimes feel very different than the fairytale.** It has bumps and bruises along the way that allow us to reach towards God’s light. Sometimes we are left with loss and heartache that can often create big questions for our Savior, God. **Yet, this journey is where we truly find God’s light,** a light that shines ever so bright in this dark world (*John 1*). A light that is to grow stronger as we connect our spirit to His through the building of a relationship with Christ as our Savior. (*Psalm 42*)

I love how *2 Peter 1* helps us with a plan to build a life from beginning to end by sharing the stepping stones of **goodness, knowledge, self-control, perseverance, godliness, affection, and LOVE.** I envision that as we walk through each step that our flame grows brighter, our hearts become more like Christ, and our story becomes entwined with His Kingdom.

Where are you on your journey? Is God a simple acquaintance? A friend? A companion? How can you grow in the season you are in? Do you spend quality time understanding your calling? Do you allow God to invite you into a deeper relationship by the challenge of His Word and the growth of your testimony?

Take time to get to know God’s story for you. Reach towards God’s light no matter where you are on your journey. Glean from those around you to bring about reflection and build your faith. Shine in the season you are in **without comparison** to another person’s calling and journey.

PRAYER PROMPTS:

*God, search me and know my heart in this season.
Show me if I’m letting anything get in between us.*

Jesus, you can truly give me something so much better than the ‘fairytale’ ending that we all long for - eternal life that is so much more than make-believe. You are my light in this dark world and I thank you for the opportunity to let that light shine through my life as your child.

JAN 18 / DAY 7

THE LIGHT OF THE WORLD

**“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.’”
—John 8:12 (NIV)**

In this scripture, Jesus reveals something profound about His identity and the life He offers to all who would follow Him. Let’s break down the key phrases to better understand the depth of this scripture.

“I Am” In the Old Testament, God revealed Himself to Moses with the phrase “I AM” (Exodus 3:14). By using these words, Jesus is claiming divine authority and presence. He is not just a teacher or a prophet; He is the very Light of God, bringing truth, life, and revelation to a world darkened by sin. When Jesus says, “I AM,” He is affirming that He is the source of everything—light, life, and salvation.

“Follow Me” Following Jesus is not merely about agreeing with His teachings; it’s about a commitment to His ways, a decision to walk in His truth and reflect His light in our own lives. The invitation is relational—trusting that His guidance leads us out of spiritual darkness and into the fullness of life.

“Will Never” Jesus promises that anyone who follows Him will never walk in darkness. When we follow Jesus, we are guaranteed His constant presence and guidance. We don’t have to live in fear of the unknown or stumble through life aimlessly. His light dispels all darkness and gives us the security of knowing that we are never alone.

“Will Have” The last part of this scripture is that those who follow Jesus will have the light of life. The light that Jesus offers is not temporary—it is eternal. When we walk with Him, we experience His light both in this life and for eternity. It’s a life that is continually illuminated by His truth, and it equips us to shine that same light in the world around us.

Here are a few questions to reflect on today:

- Are we following Him closely, allowing His light to lead us each day?
- Are we walking in the security of His presence, or do we sometimes find ourselves stumbling in darkness?
- In what areas of your life do you feel the need for Jesus’ light to break through?
- How can you make a more intentional effort to follow Him in those areas?

PRAYER PROMPTS:

“Jesus, You are the Light of the world. I thank You for Your invitation to follow You and for the promise that I will never walk in darkness. Please guide me today and every day, and help me to walk in Your light. Illuminate my heart and my path so that I may reflect Your love and truth to those around me. In Jesus name I pray - Amen.”

