

VISION FELLOWSHIP CHURCH LENT FAST GUIDE

40

DAYS OF
SPIRITUAL GROWTH
& TRANSFORMATION

MARCH 6 - APRIL 14, 2025

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Introduction to the 2025 Fast Guide

On Ash Wednesday, March 5, we will begin this sacred journey together with an Ash Wednesday Worship Experience at 7 PM. This service marks the start of our 40-day fast, a time of deep reflection, prayer, and spiritual renewal leading up to Resurrection Sunday.

What is Ash Wednesday?

Ash Wednesday is a call to repentance and renewal. In biblical times, ashes were a sign of mourning, humility, and turning back to God. When we receive ashes on our foreheads, it is a symbol of our dependence on God, a reminder that “from dust we came, and to dust we shall return.” It is not about ritual but about realignment—posturing our hearts before God as we enter this season of fasting.

The Purpose of This Fast

This fast is more than just giving up food or certain habits—it is a time to clear the clutter, refocus on God, and make room for His voice in our lives. Fasting isn’t just about denying ourselves, but about replacing what we give up with time in God’s presence. It is about discipline, devotion, and transformation.

Each week, we will deny ourselves in different ways, each with a spiritual focus that helps us grow in our faith:

- **Week 1: A Heart of Repentance (March 6 - March 12)** – We begin by detoxing our bodies from sweets and sugary drinks, symbolizing the removal of spiritual toxins (sin, negative habits, distractions). This week calls us to examine our hearts, repent, and turn fully to God.
- **Week 2: Walking in Humility (March 13 - March 19)** – This week, we practice self-denial by choosing a personal fast, letting go of anything that competes with God’s presence in our lives. Whether it’s social media, entertainment, or another personal sacrifice, this week teaches us to humble ourselves before God and prioritize Him above all.
- **Week 3: Strengthening Your Faith (March 20 - March 26)** – We focus on letting go of unnecessary spending, challenging ourselves to trust in God’s provision rather than material things. This week will stretch our faith and teach us how to walk by faith, not by sight.
- **Week 4: A Life of Sacrifice (March 27 - April 2)** – We eliminate processed foods to remind ourselves of the power of gratitude and positive speech. This week encourages us to sacrifice with joy, seeing how God blesses a surrendered life.
- **Week 5: Drawing Closer to God (April 3 - April 9)** – This week, we adjust our diet again by fasting from meat or eating only one meal a day to shift our dependence from physical to spiritual nourishment. As we deny our bodies, we press deeper into intimacy with God.
- **Final 10 Days: Jesus Week (April 10 - April 14)** – We enter the most sacred part of this fast, reflecting on Jesus’ sacrifice by fasting until noon or skipping a meal. These final days will lead us through His final moments, from the cleansing of the temple to the cross, all the way to the victory of the resurrection.

At the end of these 40 days, we won’t just arrive at Easter Sunday we will arrive transformed. The resurrection is not just an event to celebrate but a reality to live in every day.

Are you ready for this journey? Let’s begin.

Week 1: A Heart of Repentance (*March 6 - March 12*)

Fast Focus: Sweets & Sugary Drinks

Purpose: Detox the body and symbolize the removal of spiritual toxins (sin, negative habits, etc.).

- **Day 1 (March 6):** God is Calling You Back (*Joel 2:12-13*)
- **Day 2 (March 7):** You Are Not Too Far Gone (*Romans 3:23-24*)
- **Day 3 (March 8):** Change Starts in Your Heart (*Matthew 23:25-26*)
- **Day 4 (March 9-Sunday):** Your Fast is More Powerful Than You Think (*Isaiah 58:6*)
- **Day 5 (March 10):** Trusting God When You Don't Have Answers (*Proverbs 3:5-6*)
- **Day 6 (March 11):** The Power of Letting Go (*Philippians 2:5-8*)
- **Day 7 (March 12):** You Don't Have to Prove Yourself (*Mark 10:45*)

Week 2: Walking in Humility (*March 13 - March 19*)

Fast Focus: Pick Your Fast

Purpose: This week you choose what you will sacrifice.

- **Day 8 (March 13):** When Humility Feels Like Losing (*Matthew 5:44*)
- **Day 9 (March 14):** Humility Unlocks God's Favor (*James 4:10*)
- **Day 10 (March 15):** The Joy of Serving (*John 13:12-17*)
- **Day 11 (March 16 - Sunday):** Faith Over Feelings (*2 Corinthians 5:7*)
- **Day 12 (March 17):** Don't Let Fear Steal Your Faith (*Isaiah 41:10*)
- **Day 13 (March 18):** Faith When You Can't See It Yet (*Hebrews 11:1*)
- **Day 14 (March 19):** It's Already Handled (*Matthew 17:20*)

Week 3: Strengthening Your Faith (*March 20 - March 26*)

Fast Focus: Unnecessary Spending

Purpose: Develop a mindset of generosity and sacrifice, recognizing that our true treasure is in God.

- **Day 15 (March 20):** When Faith Feels Like a Fight (*1 Timothy 6:12*)
- **Day 16 (March 21):** What You Say Shapes Your Faith (*Proverbs 18:21*)
- **Day 17 (March 22):** Less is More (*Luke 9:23*)
- **Day 18 (March 23 - Sunday):** Giving When It's Not Convenient (*2 Corinthians 9:6-8*)
- **Day 19 (March 24):** God Will Provide (*Philippians 4:19*)
- **Day 20 (March 25):** When Obedience Feels Costly (*1 Samuel 15:22*)
- **Day 21 (March 26):** What You Hold Onto, Holds Onto You (*Luke 14:33*)

Week 4: A Life of Sacrifice (*March 27 - April 2*)

Fast Focus: Processed Foods

Purpose: Replace grumbling with gratitude and increase faith through positive speech.

- **Day 22 (March 27):** You Can't Out-Give God (*2 Corinthians 9:6*)

- **Day 23 (March 28):** The Cost of Following Jesus (*Luke 9:23*)
- **Day 24 (March 29):** The Blessing of a Surrendered Life (*Matthew 6:33*)
- **Day 25 (March 30 - Sunday):** When You Feel Like You're Missing Out (*Psalms 37:4*)
- **Day 26 (March 31):** The Power of Saying No (*James 4:7*)
- **Day 27 (April 1):** You're Not Losing, You're Gaining (*Matthew 16:25*)
- **Day 28 (April 2):** Stop Delaying Your Yes (*Jonah 1:1-3*)

Week 5: Drawing Closer to God (*April 3 - April 9*)

Fast Focus: Meat or One Meal a Day

Purpose: Shift dependence from physical to spiritual nourishment.

- **Day 29 (April 3):** Generosity Unlocks Blessing (*Luke 6:38*)
- **Day 30 (April 4):** Trust God's Timing (*Ecclesiastes 3:1*)
- **Day 31 (April 5):** Seeking God First (*Matthew 6:33*)
- **Day 32 (April 6 - Sunday):** The Power of a Consistent Prayer Life (*1 Thessalonians 5:16-18*)
- **Day 33 (April 7):** Learning to Hear God's Voice (*Isaiah 30:21*)
- **Day 34 (April 8):** The Holy Spirit is Your Helper (*John 14:26*)
- **Day 35 (April 9):** The Palm Sunday Moment (*Matthew 21:8-9*)

Final 10 Days: Jesus Week (*April 10 - April 14*)

Fast Focus: Fast Until 12 Noon or Skip a Meal

Purpose: Deepen reflection on Jesus' sacrifice by turning down your plate.

- **Day 36 (April 10 - Thursday):** Jesus Cleanses the Temple (*Matthew 21:12-13*)
- **Day 37 (April 11 - Friday):** The Last Supper (*Luke 22:19-20*)
- **Day 38 (April 12 - Saturday):** Jesus Prays in Gethsemane (*Matthew 26:39*)
- **Day 39 (April 13 - Good Friday):** The Crucifixion (*Luke 23:46*)
- **Day 40 (April 14 - Saturday):** Silent Saturday (*Matthew 27:62-66*)
- **Day 41 (April 15 - Easter Sunday):** He is Risen! (*Luke 24:5-6*)

Week 1: A Heart of Repentance

Day 1: God is Calling You Back

Scripture: Joel 2:12-13 – *"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love, and He relents from sending calamity."*

Reflection:

No matter how far you feel from God, He is calling you back. Not with condemnation, but with love. Maybe life has been loud, distractions have piled up, or you've made choices that pulled you away—but God is still saying, "Come home."

Repentance isn't about shame; it's about renewal. It's a turning point. It's where heaviness is lifted and grace meets you in a fresh way. Today, don't let guilt keep you away. Draw near to God He's been waiting for you.

Prayer:

Lord, I hear You calling me back. Thank You for always welcoming me with open arms. I choose today to turn my heart fully toward You. Lead me back into Your presence. Amen.

Challenge/Application:

Take a few moments today and tell God in your own words that you are coming back to Him. Be honest, be real, and let His love restore you.

Day 2: You Are Not Too Far Gone

Scripture: Romans 3:23-24 – *"For all have sinned and fall short of the glory of God, and all are justified freely by His grace through the redemption that came by Christ Jesus."*

Reflection:

Ever felt like you've messed up too much for God to still love you? Like you've fallen so far that you don't know if you can come back? Good news: You are never too far gone.

We ALL fall short every single one of us. But the beauty of grace is that Jesus already made a way back for you. You don't have to work for it, earn it, or prove anything. Just receive it. Let go of shame, because God already let go of it for you.

Prayer:

Jesus, I sometimes feel unworthy of Your love. But today, I choose to believe Your grace is bigger than my failures. Thank You for never giving up on me. Amen.

Challenge/Application:

Write down the negative thoughts you've believed about yourself. Then write next to them what **God** says about you (loved, forgiven, chosen). Speak that truth over yourself today.

Day 3: Change Starts in Your Heart

Scripture: Matthew 23:25-26 – *"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup, and then the outside also will be clean."*

Reflection:

God isn't asking you to perform, He's asking you to be real. Change doesn't start with an image it starts with the heart. Jesus warned against being so focused on the outside that we forget what's happening inside.

True transformation happens from the inside out. God wants to renew your mind, heal your heart, and refresh your spirit. And when that happens? It naturally shows on the outside. Don't focus on "looking right." Focus on being right with God.

Prayer:

Father, work on my heart. I don't just want to do the right things I want to be the person You created me to be. Change me from the inside out. Amen.

Challenge/Application:

Take time today to ask God, "What do You want to change in me?" Write it down and start surrendering it in prayer.

Day 4: Your Fast is More Powerful Than You Think

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

Reflection:

Fasting isn't just about what you give up it's about what you gain. Every time you say "no" to something in this season, you're saying "yes" to more of God. But here's the thing: your fast doesn't just impact you. It can bring change to the world around you.

When you fast, pray for breakthrough not just for yourself, but for others. Pray for chains to break. For healing to come. For God's presence to fill your life in a deeper way. Your fast is powerful because it's connected to a powerful God.

Prayer:

Lord, help me to fast with purpose. Let this be more than a religious act let it be a spiritual transformation. Move in my life and in the lives of those around me. Amen.

Challenge/Application:

Think of one person who needs a breakthrough. Pray for them today as part of your fast.

Day 5: Trusting God When You Don't Have Answers

Scripture: Proverbs 3:5-6 – *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."*

Reflection:

Let's be real—trusting God sounds easy until life doesn't make sense. When the plan isn't clear. When things aren't happening the way you thought they would. That's when trust is tested.

But here's the thing: God has never failed you. Even when you don't understand, He is still in control. You don't have to have all the answers—you just need to hold onto the One who does. Trust that He is leading, guiding, and working things out for your good.

Prayer:

Father, I choose to trust You today. Even when I don't see the full picture, I know You are in control. Lead me, and I will follow. Amen.

Challenge/Application:

Think of one area where you've been trying to control everything. Write it down, pray over it, and take a step of faith by surrendering it to God today.

Week 2: Walking in Humility

Day 6: The Power of Letting Go

Scripture: Philippians 2:5-8 – *"In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant."*

Reflection:

Humility isn't thinking less of yourself it's about thinking of yourself less. It's choosing to let go of the need to be seen, heard, or in control. Even Jesus, who had every right to demand honor, chose humility. If He the Son of God could let go of status, pride, and power to serve, what does that say about us?

Humility isn't easy. It means forgiving when you'd rather stay mad. It means serving when you feel unseen. It means surrendering the need to be right. But here's the secret: when you let go, you make space for God to lift you up in ways you never imagined.

Prayer:

Lord, I let go. I release my pride, my need to be right, my fear of being overlooked. Teach me how to serve like You did. Show me that humility isn't weakness it's the key to true greatness. Amen.

Challenge/Application:

Find one way to put someone else first today whether it's letting someone else have the last word, choosing to serve in secret, or simply listening more than you speak.

Day 7: You Don't Have to Prove Yourself

Scripture: Mark 10:45 – *"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."*

Reflection:

Ever feel like you have to prove yourself to people? Like you have to make sure they see your value, your work, your worth? The world teaches us to chase validation, but Jesus showed us another way. He didn't seek approval He served.

Here's the truth: You don't have to hustle for worth. You are already chosen, already loved, already valuable. Serve, not because you need to be seen, but because you already belong. Let go of trying to impress people. Just follow Jesus, and He will open the right doors at the right time.

Prayer:

Jesus, I lay down the pressure to prove myself. Help me find joy in serving, knowing that my worth is secure in You. Amen.

Challenge/Application:

Today, resist the urge to post, tell, or prove what you're doing. Do something kind for someone without needing recognition.

Day 8: When Humility Feels Like Losing

Scripture: Matthew 5:44 – *"But I tell you, love your enemies and pray for those who persecute you."*

Reflection:

Let's be real loving people who hurt you is hard. Humility can feel like losing, like letting people get away with too much. But Jesus calls us to rise above it.

Praying for someone who hurt you doesn't mean what they did was okay. It means you are too free to stay bitter. It means choosing peace over pride. You can't control how they act, but you can control how you respond. And when you walk in humility, God fights for you in ways you never could on your own.

Prayer:

God, I choose peace over pride. Help me love even when it's hard. Help me forgive even when they don't deserve it just like You did for me. Amen.

Challenge/Application:

Pray for someone who has hurt or annoyed you. Even if you don't "feel it," just say their name before God today.

Day 9: Humility Unlocks God's Favor

Scripture: James 4:10 – *"Humble yourselves before the Lord, and he will lift you up."*

Reflection:

If you want God's favor, the fastest way to get there isn't through talent, networking, or striving it's through humility. God lifts up those who trust Him enough to step back and let Him lead.

Humility is knowing that you don't have to fight for every opportunity. God sees you. The right doors will open, the right people will notice, and the right blessings will come not because you pushed for them, but because you trusted God enough to wait.

Prayer:

Father, I let go of striving. I choose to trust You to lift me up in Your timing. Remind me that humility is not weakness it's the pathway to Your favor. Amen.

Challenge/Application:

Today, instead of pushing for attention or recognition, step back and trust that God sees you.

Day 10: The Joy of Serving

Scripture: John 13:12-17 – *"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."*

Reflection:

Jesus didn't just talk about humility He lived it. He washed feet, served, and loved people who didn't deserve it. And He tells us: Do the same.

Serving isn't about being "less than." It's about living like Jesus. When you serve, you reflect Him. And when you serve with joy not out of duty, but out of love you experience a level of joy that nothing else can give.

Prayer:

Jesus, give me the heart of a servant. Help me see that serving isn't a chore—it's a gift. Let my life reflect You in every way. Amen.

Challenge/Application:

Find a way to serve someone today—without being asked and without expecting anything in return.

WEEK 3: STRENGTHENING YOUR FAITH

Day 11: Faith Over Feelings

Scripture: 2 Corinthians 5:7

("For we walk by faith, not by sight. ")

Reflection:

Some days, faith feels strong. Other days, doubt creeps in, and emotions make you question everything. But here's the truth faith isn't about how you feel. It's about what you choose to believe despite how you feel.

Feelings will shift. Circumstances will change. But God remains steady. If you only trust Him when things look good, that's not faith that's convenience. Faith is when you keep walking, keep believing, and keep speaking life, even when nothing looks like it's working.

Prayer:

God, I choose to trust You beyond my emotions. Even when I don't feel strong, I know You are strong in me. Amen.

Challenge/Application:

If you've been waiting for "the right feeling" to step out in faith stop waiting. Take one step today, even if your emotions aren't fully there yet.

Day 12: Don't Let Fear Steal Your Faith

Scripture: Isaiah 41:10

("Do not fear, for I am with you; do not be dismayed, for I am your God. ")

Reflection:

Fear is a faith-killer. It whispers, "What if this doesn't work?" "What if I fail?" "What if I'm not enough?" But fear is just noise. It has no real power unless you give it power.

God never called you to a life ruled by fear. He called you to bold faith. If He said go, then He's already made the way. If He said trust, then He's already working behind the scenes. Don't let fear stop what God already set in motion. You are stronger than the fear trying to hold you back.

Prayer:

Lord, I refuse to let fear control my life. Give me courage to walk in faith, even when I don't have all the answers. Amen.

Challenge/Application:

Call out one fear that's been holding you back. Speak against it in prayer. Today, take one bold step in faith.

Day 13: Faith When You Can't See It Yet

Scripture: Hebrews 11:1

("Now faith is confidence in what we hope for and assurance about what we do not see.")

Reflection:

Faith isn't just believing when things make sense it's believing when nothing makes sense at all. It's trusting God before the breakthrough, before the answer, before the situation changes. That's what makes faith powerful.

What are you waiting for right now? A job? Healing? Direction? It's easy to trust when life is going smoothly, but the real faith walk happens in the waiting. God sees what you don't. He's already working behind the scenes. The question isn't "Can He do it?" The question is, "Will you trust Him even while you wait?"

Prayer:

God, strengthen my faith today. Help me trust You even when I can't see the full picture. I choose to believe that You are working for my good. Amen.

Challenge/Application:

Take a situation you've been worrying about and speak life over it today. Instead of saying "I don't know if this will happen," declare, "God is working, and I trust Him completely."

Day 14: It's Already Handled

Scripture: Matthew 17:20

("If you have faith as small as a mustard seed...nothing will be impossible for you.")

Reflection:

God isn't asking for perfect faith just real faith. Even when your belief feels small, even when doubt creeps in, even when you have more questions than answers God still moves.

Your situation? It's already handled. The provision? It's already set aside for you. The breakthrough? It's already in motion. Your faith isn't about forcing an outcome it's about trusting the One who is in control of it all.

Prayer:

Lord, thank You for moving even when I don't feel strong. Remind me that my faith doesn't have to be perfect it just has to be real. I trust You with every detail of my life. Amen.

Challenge/Application:

Write down one thing you're believing God for. Every time doubt creeps in, say out loud, "It's already handled."

Day 15: When Faith Feels Like a Fight

Scripture: 1 Timothy 6:12

("Fight the good fight of the faith.")

Reflection:

Let's be real faith isn't always easy. Sometimes, it feels like a fight. A fight against doubt. A fight against fear. A fight against quitting. But here's the truth: You are stronger than you think, and God is fighting with you.

Faith isn't about pretending everything is fine. It's about choosing to believe anyway. It's about getting up when life knocks you down, speaking God's Word when fear gets loud, and standing firm when the enemy wants you to fold. Keep fighting. You've got this.

Prayer:

God, give me the strength to keep fighting. When doubt tries to creep in, remind me that You are faithful. I refuse to give up. Amen.

Challenge/Application:

If you've been feeling weary, take one intentional step of faith today. Whether it's praying, journaling, or reaching out for encouragement don't let the enemy silence your faith.

Day 16: What You Say Shapes Your Faith

Scripture: Proverbs 18:21

("The tongue has the power of life and death.")

Reflection:

Your words shape your world. What you say about your life, your future, your struggles matters. If you're constantly speaking doubt, fear, or negativity, it's no wonder faith feels hard. But if you shift your words, your faith will shift too.

Stop saying, "Nothing is working out for me." Start saying, "God is making a way for me." Stop saying, "I'm not strong enough." Start saying, "God's strength is made perfect in my weakness."

Prayer:

Lord, help me to speak words that align with faith. Teach me to declare Your promises, even when my emotions don't feel it. Amen.

Challenge/Application:

Catch yourself today. Every time a negative thought or complaint comes up, flip it into faith-filled words instead.

WEEK 4: A LIFE OF SACRIFICE

Day 17: Less is More

Scripture: Luke 9:23

("Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.")

Reflection:

Sacrifice doesn't always feel good in the moment, but it always leads to more. Less of you means more of Him. Less distraction means more clarity. Less worry means more peace. Less means less, and more means more. Only after denying yourself can you develop the principle of discipline that will require more. Sacrificing invites you to a new life of expectation, and it reveals what is necessary for the move of God in your life.

God calls us to surrender not to take from us, but to make room for something greater. What's one thing you need to release this season? Whatever it is, trust that God will replace it with something better.

Prayer:

Jesus, I lay down my desires, my fears, and my distractions. Fill me with more of You. Amen.

Challenge/Application:

Pick one thing you've been holding onto whether it's time, control, or a bad habit and let it go today.

Day 18: Giving When It's Not Convenient

Scripture: 2 Corinthians 9:6-8

("God loves a cheerful giver.")

Reflection:

It's easy to give when it's comfortable. But true generosity is giving when it's not. It's trusting that when you pour out, God will always pour back in. God has a way of doing things when we least expect it. From his pouring to his blessings it opens up the portals of substance and stability that reminds us that our work is not in vain. Giving is synonymous with your faith, and ultimately it's a testimony to what you believe that God will do.

Maybe it's money. Maybe it's time. Maybe it's encouragement. Whatever it is, don't hold back. The more you give, the more you'll experience God's provision in unexpected ways.

Prayer:

Lord, make me a generous person. Teach me to give with joy, knowing that You will always take care of me. Amen.

Challenge/Application:

Give today time, encouragement, pay it forward, or something else. Be generous without expecting anything in return.

Day 19: God Will Provide

Scripture: Philippians 4:19

("And my God will meet all your needs according to the riches of His glory in Christ Jesus.")

Reflection:

Sometimes, sacrificing feels scary especially when you're already in need. But here's the truth: God is your provider. If He calls you to give, He's already planned how He's going to take care of you. Taking care of you is not hard for God, and it allows him to prove to you, how involved he is and how much he cares about your wellbeing. Sacrifice is necessary and going forward is vital. May you not be held back by the thoughts of lack.

You don't have to hold everything so tightly. Gods got you. He sees what you need, and He will provide. Trust that His supply is always greater than your lack. Can you trust God enough to stand on his word of supply and abundance?

Prayer:

God, I trust You to take care of me. I release my fears about lack and choose to believe in Your abundant provision. Amen.

Challenge/Application:

Make a faith move today. Give, serve, or trust God in a new way even if it feels uncomfortable.

WEEK 4: A LIFE OF SACRIFICE

Day 20: When Obedience Feels Costly

Scripture: 1 Samuel 15:22

("To obey is better than sacrifice, and to heed is better than the fat of rams.")

Reflection:

Sometimes, obedience doesn't feel easy. God asks you to let go of something you thought you needed. He tells you to give, when you're the one in need. He leads you to trust, when everything in you wants to hold on.

But here's the thing obedience always brings greater reward than whatever you're sacrificing. God doesn't take from you to leave you empty. He makes room for something better. Trust that whatever He's asking you to surrender, He will replace with something greater.

Prayer:

God, help me to obey even when it's hard. I trust that whatever I release, You will replace with something better. Amen.

Challenge/Application:

Is there something God has been prompting you to do? Act today, even if it feels small.

Day 21: What You Hold Onto, Holds Onto You

Scripture: Luke 14:33

("Those of you who do not give up everything you have cannot be my disciples.")

Reflection:

Let's be real letting go is hard. But what if the thing you're holding onto is holding onto you? Fear, comfort, or even control can keep you from stepping into God's best. If you are to have more, and see more your mindset must shift from what has you bound, to what makes you free. Weights have become enormous because of ones inability to surrender and free themselves from everything that makes them a slave to hardship, misalignment, and unfruitfulness.

Jesus didn't say, "Give up everything just because." He said it because you can't pick up something new if your hands are full. What's God asking you to lay down? It's not because He wants to leave you with nothing it's because He wants to fill you with something greater.

Prayer:

Lord, I surrender. Even the things I don't understand. Even the things that feel hard to release. I trust You. Amen.

Challenge/Application:

Write down something you're holding onto a habit, fear, or comfort zone. Pray over it and ask God to help you release it.

Day 22: You Can't Out-Give God

Scripture: 2 Corinthians 9:6

("Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.")

Reflection:

God's math doesn't work like ours. In the Kingdom, the more you give, the more you receive. Not just money, but time, encouragement, kindness, and love. Here's the thing: Kingdom mindedness is required when you look at the aspect of giving. Giving should challenge you to honor God with every conviction that's within you. From a simple prayer asking for one thing, God can blow our mind by giving us that and then adding more that we didn't ask for. It's the same way when give! Your little becomes much, and your much becomes more that you could have ever imagine. Trying to withhold your gift from God, does not help you fulfill the promise that has been spoken divinely for your life.

Some of us hesitate to give because we fear lack. But God promises that when you sow, you will reap. He's not asking you to give because He needs it, He's asking because He wants to bless you.

Prayer:

Father, help me trust You with my giving. I believe that whatever I release, You will return in greater measure. Amen.

Challenge/Application:

Today, be generous in a way that stretches you. Give, serve, or pour into someone else trusting that God will refill you.

Day 23: The Cost of Following Jesus

Scripture: Luke 9:23

("Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.")

Reflection:

Following Jesus isn't about convenience. It's a daily decision to die to self to choose His way over our way. That means laying down pride, comfort, and even our plans to follow Him fully. Half obedience is still, disobedience. Full obedience requires commitment, strategy, dedication, and focus. Following Jesus happens daily because you need direction daily. But...

But here's the secret: what you gain is greater than what you lose. Yes, there's a cost. But the peace, joy, and purpose that come from walking in obedience? It's worth it every time.

Prayer:

Jesus, I choose to follow You fully, completely, and without hesitation. Help me surrender what's holding me back. Amen.

Challenge/Application:

Ask yourself: What's one thing I need to surrender to follow Jesus more fully? Take a step toward that today.

Day 24: The Blessing of a Surrendered Life

Scripture: Matthew 6:33

("Seek first His kingdom and His righteousness, and all these things will be given to you as well.")

Reflection:

God isn't asking you to seek Him first just to see what you'll give up; He's asking because He wants to give you more. When you put Him first, everything else falls into place. Speaking of things falling into place, your reflection of surrender should be rooted in what Jesus ultimately does on the Cross. The cross is our representation of what true surrendering should look like at all times.

When we chase money, security, or success without Him, we always end up feeling empty. But when we surrender and trust God's plan, He blesses us with more than we could ever gain on our own. What are you chasing that God is asking you to release?

Prayer:

God, I put You first today. I trust that when I seek You, You will take care of everything else. Amen.

Challenge/Application:

Today, prioritize God first whether that's starting your day in prayer, fasting from distractions, or surrendering control.

Day 25: When You Feel Like You're Missing Out

Scripture: Psalm 37:4

("Take delight in the Lord, and He will give you the desires of your heart.")

Reflection:

Sometimes following Jesus means saying no to things that seem fun, easy, or comfortable. You might even feel like you're missing out while others are doing what they want. When others do what they want it does not put you at a disadvantage. There are benefits to serving God that others will never understand or even be able to relate to. You're not missing out! Might I suggest that God gives you something more valuable than wasting time on frivolous entities that does nothing to advance your spiritual capacity! With God you don't miss out, in fact you gain even more!

But here's the truth God is never holding out on you. If He says no to something, it's because He has a greater yes. You're not missing out. You're being set up for more.

Prayer:

Lord, help me trust that Your way is always better. Even when I don't understand, I know You have my best in mind. Amen.

Challenge/Application:

If you've been struggling with comparison or feeling left out, thank God today for what He's protecting you from.

Day 26: The Power of Saying No

Scripture: James 4:7

("Submit yourselves, then, to God. Resist the devil, and he will flee from you.")

Reflection:

Saying no is powerful. No to temptation. No to distractions. No to anything that pulls you away from what God has for you. No is a complete sentence! You can't hear God's yes until you're able to say no. No to the things that limit your ability to produce on God's behalf. No to the things that cause you trouble and strife. Just say no!

The enemy wants you to think you're missing out. But every no to the wrong thing is a yes to God's best. You are not weak. You have the power to resist. Do It, and Do It Now!

Prayer:

God, give me the strength to say no when I need to. Help me recognize when the enemy is trying to distract me from Your best. Amen.

Challenge/Application:

Identify one area where you need to say no whether it's an unhealthy habit, a toxic relationship, or a distraction. Take a stand today.

Day 27: You're Not Losing, You're Gaining

Scripture: Matthew 16:25

("For whoever wants to save their life will lose it, but whoever loses their life for me will find it.")

Reflection:

Sacrificing for God feels like loss at first. Letting go of relationships, habits, or opportunities that don't align with His will can be painful. But Jesus makes it clear what we surrender for Him, He replaces with something better. Oh and let me share with you, the better is always great!

You're not giving up you're gaining. You're gaining peace, purpose, joy, and freedom. The enemy wants you to focus on what you're losing, but God is asking you to focus on what's ahead.

Prayer:

Lord, help me shift my focus. I trust that whatever I give up for You, You will replace with something greater. Amen.

Challenge/Application:

Take inventory today: Are you holding onto something God has asked you to release? Let it go and trust that He has more for you.

Day 28: Stop Delaying Your Yes

Scripture: Jonah 1:1-3

("The word of the Lord came to Jonah... but Jonah ran away from the Lord.")

Reflection:

How many times has God told you to do something, and you put it off? Maybe it felt too hard, too scary, or too inconvenient. But here's the truth delayed obedience is still disobedience. The word yes is our declaration for what we see now and pray that is to come. Yes, can open doors, and make ways in the wilderness. Yes, is a part of your worship and for those that worship God in spirit and in truth, your yes is a resemblance of the time that you spend with God.

Jonah ran from God's call, and it only brought storms and struggle. But the moment he surrendered, everything changed. What have you been avoiding? Stop running. Say yes, and watch God move.

Prayer:

God, forgive me for the times I've delayed my yes. I choose to trust You today. Amen.

Challenge/Application:

What's one step of obedience you've been avoiding? Do it today no more waiting.

Day 29: Generosity Unlocks Blessing

Scripture: Luke 6:38

("Give, and it will be given to you. A good measure, pressed down, shaken together, and running over.")

Reflection:

Some of us hesitate to be generous because we're worried about lack. But here's the truth you will never out-give God. When you release, He multiplies. When you pour out, He pours back in. There is nothing that God will allow you to want for when you strive to please him. David said it best when he said "I've been young and now I'm old and I've never seen the righteous forsaken nor his seed begging for bread". There is something about your generosity that aids the poor, and further the cause of Christ.

Maybe you're not in a place to give financially, but generosity isn't just about money. Give your time. Give your encouragement. Give your kindness. Whatever you have, use it to bless someone else, and watch how God returns it in ways you never expected.

Prayer:

God, make me a generous person. Help me to trust that You always provide, and that my giving is never in vain. Amen.

Challenge/Application:

Find a way to be radically generous today. Whether it's your money, time, or words bless someone else.

Day 30: Trust God's Timing

Scripture: Ecclesiastes 3:1

("There is a time for everything, and a season for every activity under the heavens.")

Reflection:

God's timing rarely matches ours. We want quick answers, instant results, and immediate breakthroughs. But God works in seasons, and some things take time. Your waiting is not wasted. God's timeline is so different because we operate on two different playing fields. His way are not our ways, and because of that He can work on something months from now that you may be wondering about in the present.

If God hasn't given you what you're asking for yet, it's not because He's forgotten you. It's because He's preparing you. Trust that He knows the exact moment when everything will come together. In the meantime, stay faithful, stay expectant, and keep walking.

Prayer:

Lord, I trust Your timing. Even when I don't understand, I believe that You are working all things for my good. Amen.

Challenge/Application:

Write down one thing you've been waiting on God for. Instead of stressing about it, thank Him today for the perfect timing He has planned.

WEEK 5: DRAWING CLOSER TO GOD

Day 31: Seeking God First

Scripture: Matthew 6:33

("But seek first His kingdom and His righteousness, and all these things will be given to you as well.")

Reflection:

Life has a way of pulling us in a hundred different directions. There's always something competing for our attention work deadlines, family responsibilities, personal goals. Before we know it, the day has passed, and God only received the leftover moments of our time and energy. But Jesus makes it clear: the key to everything else falling into place is seeking God first. Not after everything is done, not when it's convenient, but first.

Seeking God first doesn't mean neglecting responsibilities; it means putting Him at the center of everything. When we do, stress begins to lose its power, clarity increases, and our priorities align with His will. Worry fades because we trust that He is handling what concerns us. When we chase after things before seeking Him, we often end up exhausted, unfulfilled, and anxious. But when we seek Him first, everything else provision, direction, peace flows from that foundation.

Prayer:

Father, forgive me for the times I've put other things before You. Help me to make You my priority, not just in words but in my daily actions. Teach me to seek You first, knowing that You will take care of everything else. Amen.

Challenge/Application:

Tomorrow morning, before checking your phone, responding to messages, or thinking about your to-do list, take a moment to seek God first. Pray, read a scripture, or just sit in silence with Him. Let your first moments of the day belong to Him.

Day 32: The Power of a Consistent Prayer Life

Scripture: 1 Thessalonians 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances."

Reflection:

Prayer isn't just something we do in times of trouble, it's a lifestyle, a continuous conversation with God. It's not about reciting perfect words or following a religious formula; it's about remaining connected to the One who loves us most. Many of us treat prayer like an emergency call, only dialing in when we're in distress. But what if we shifted our mindset and saw prayer as an ongoing relationship rather than a last resort? What if we prayed as naturally as we breathe?

The more you pray, the more you'll recognize God's voice, His leading, and His peace in your daily life. Prayer isn't about changing God's mind, it's about aligning our hearts with His. It reminds us that we're never alone, that He is involved in every detail, and that He cares deeply about what concerns us. Whether it's a whispered Thank You, Lord in the morning, a God, give me wisdom in a tough moment, or a Help me trust You in uncertainty, every prayer builds your connection with Him. Prayer shifts atmospheres, renews your mind, and strengthens your spirit.

Prayer:

Lord, I want to grow in my prayer life. Help me to see prayer as an ongoing conversation with You. Teach me to talk to You consistently, knowing that You hear, that You care, and that You respond. Let my first instinct be to seek You in all things. Amen.

Challenge/Application:

Set a reminder today to pause and pray throughout your day. It doesn't have to be long—just a moment to acknowledge God, seek His wisdom, or give thanks. The more you make prayer a habit, the more you'll see His presence in every part of your life.

Day 33: Learning to Hear God's Voice**Scripture: Isaiah 30:21**

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"

Reflection:

God is always speaking, but the question is—are we listening? His voice doesn't always come in grand, dramatic moments; sometimes, it's a gentle whisper, a subtle nudge, a scripture that stands out, or a deep peace in your spirit. He speaks through His Word, through the Holy Spirit, and even through the people and circumstances around us. The challenge is, life can be noisy. Between responsibilities, social media, opinions, and our own racing thoughts, it's easy to miss the voice of God in the midst of all the other voices demanding our attention.

Hearing God requires intentional stillness. It means slowing down long enough to recognize His voice among the noise. Many times, we wait for a loud, undeniable sign when God is already speaking in the quiet moments, nudging us in the right direction. If we don't learn to pause and listen, we risk making decisions based on emotions, pressures, or assumptions rather than divine guidance. But here's the good news God desires to lead us. He wants to show us which way to go. He's not hiding His will; He is waiting for us to listen. Take a moment today to silence the distractions, quiet your heart, and ask, *Lord, what are You saying?* Trust that He will answer, because He is faithful.

Prayer:

Holy Spirit, help me to recognize Your voice in the midst of all the noise. Teach me to slow down, to be still, and to listen with an open heart. I trust that You are leading me, and I choose to follow. Amen.

Challenge/Application:

Take 5-10 minutes today to sit in silence before God. Turn off distractions, quiet your heart, and simply ask, *Lord, what do You want me to hear today?* Write down anything that comes to mind, whether it's a thought, a scripture, or a feeling of peace. Trust that He is speaking.

Day 34: The Holy Spirit is Your Helper**Scripture: John 14:26**

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

Reflection:

Life can be overwhelming, filled with decisions, uncertainties, and moments when we feel completely

lost. But Jesus made a promise *we are not alone*. Before He left, He assured His disciples that the Father would send the Holy Spirit, not just as a presence but as an Advocate, a Teacher, and a Guide. The Holy Spirit is not distant or passive; He is active, speaking, leading, and reminding us of God's truth when we need it most. When confusion tries to take over, He brings clarity. When we feel weak, He strengthens us. When we forget the promises of God, He reminds us.

The problem is, many of us live like we have to figure everything out on our own, when the very presence of God is within us, ready to help. The Holy Spirit is not just for Sunday worship or moments of crisis—He is meant to be involved in our daily lives, helping us make decisions, shaping our thoughts, and aligning our hearts with God's will. Don't overlook His voice. Invite Him in. Before you stress, pause and ask, *Holy Spirit, what do You want me to do?* He will guide you, because He is faithful.

Prayer:

Holy Spirit, I welcome You into every part of my life. Lead me, teach me, and remind me of God's truth in every decision I make. Help me to recognize Your voice and trust Your guidance. Amen.

Challenge/Application:

Today, before making any decision big or small pause and ask the Holy Spirit for wisdom. Then listen, trust, and follow His direction.

WEEK 6: JESUS WEEK

Day 35: Palm Sunday

Scripture: Matthew 21:8-9

"The crowds that went ahead of Him and those that followed shouted, 'Hosanna to the Son of David!'"

Reflection:

Palm Sunday is often seen as a day of triumph. Jesus entered Jerusalem like a king, greeted by crowds laying palm branches before Him, shouting, *Hosanna* which means "Save us now." It was a scene of celebration, but beneath the surface, tension was building.

In Jewish history, palm branches symbolized victory and national pride. The people weren't just waving them in praise; they were waving them in expectation. They wanted a revolutionary a king who would overthrow Roman rule and restore Israel's political power. They saw Jesus as the answer to their oppression, the one who would fight their earthly battles. But Jesus didn't come to meet their expectations. He came to fulfill a greater mission.

Instead of a war horse, He rode a donkey. This was significant. In ancient times, a king rode a warhorse when coming for battle, but a donkey symbolized peace. Jesus was showing them that His kingdom wasn't built on swords and armies, but on sacrifice and love. He wasn't coming to take power by force, He was coming to give His life.

But here's the truth that Palm Sunday reveals *Jesus reigns forever*. The people expected a temporary kingdom, but Jesus was bringing an eternal one. His reign didn't end on the cross. It didn't end in the tomb. It didn't end when the world thought He was finished. He got up, and He still reigns today! He is the King of Kings, the Lord of Lords, the Alpha and the Omega! His victory was not just for a moment it was for eternity. And because He reigns, we can praise Him no matter what season we are in.

So lift up your *Hosanna!* again! Not as a cry of temporary expectation, but as a declaration of eternal praise! He is worthy! He is victorious! And He alone is King!

Prayer:

Jesus, You reign forever! You are my King, and I give You the highest praise! Even when life doesn't go as I expect, I trust Your plan because I know Your kingdom is greater than anything I could imagine. Thank You for being a King who loves, who saves, and who reigns eternally. Hosanna in the highest! Amen.

Challenge/Application:

Take a moment today to praise Jesus for who He is. Speak it out loud declare that He reigns! Thank Him for being a King who never fails and whose kingdom will never end. No matter what season you are in, give Him the praise He deserves!

Day 36: Jesus Cleanses the Temple

Scripture: Matthew 26:39

"Father, if it is possible, may this cup be taken from me. Yet not as I will, but as You will."

Reflection:

This was the moment. The weight of the world every sin, every failure, every betrayal was pressing down on Jesus. He wasn't just anticipating physical pain; He was staring into the depths of spiritual agony. The cross wasn't just about nails in His hands; it was about carrying the full weight of humanity's brokenness. And in that moment, in the stillness of Gethsemane, He prayed the most human yet divine prayer: *If it's possible, take this from me... but not my will, Yours be done.*

Gethsemane wasn't just a garden it was an olive press. In fact, the word "Gethsemane" means *oil press*. This was the place where olives were crushed to produce oil, and in that same space, Jesus was being pressed emotionally, physically, and spiritually. He was crushed so that the anointing, the redemption, the power of salvation could be released into the world.

Historically, this wasn't just a quiet prayer before the cross. Jewish tradition tells us that during the Passover season, people would stay awake and pray at night. But while Jesus was wrestling with His impending sacrifice, His disciples couldn't even stay awake. This moment wasn't just about suffering; it was about surrender.

How often do we find ourselves in a Gethsemane moment? The place where we know what God is asking, but everything in us wants another way? The place where surrender feels like loss? But here's what we learn from Jesus: *Surrender is not defeat, it's where victory begins.* It was in that garden, in that painful yes, that the victory of the cross was set in motion.

So what is God asking you to surrender? What cup are you holding onto, hoping there's another way? Maybe it's comfort. Maybe it's control. Maybe it's a dream you've been clinging to. But if Jesus could trust the Father in His greatest moment of suffering, we can trust Him in ours.

Prayer:

Father, even when it's hard, I say yes to Your will. I may not always understand it, but I know Your plan is greater than mine. Strengthen me to trust You, even when surrender feels like loss. Let my yes lead to the victory You have prepared for me. Amen.

Day 37: The Last Supper

Scripture: Luke 22:19-20

"Do this in remembrance of me."

Reflection:

The Last Supper wasn't just a meal it was a moment of deep love, sacrifice, and fulfillment of prophecy. Jesus gathered with His disciples to share the Passover meal, something they had likely done every year. But this time, it was different. This wasn't just a tradition it was a transition. Jesus was taking an old covenant, one rooted in the blood of lambs sacrificed in Egypt, and introducing a new one sealed by *His* blood.

The bread? It wasn't just bread anymore. It was His body, soon to be broken. The cup? It wasn't just wine anymore. It was His blood, poured out for the sins of the world. This was more than a ritual it was redemption in motion. And the disciples? They didn't fully grasp what was happening. They sat there, eating, drinking, listening while Jesus, knowing what was ahead, still chose love.

Historically, this meal happened during the Jewish Passover, a time when they remembered how God had freed their ancestors from slavery in Egypt. The blood of a lamb had covered the Israelites' doorposts, sparing them from death. Now, Jesus was showing them that *He* was the true Lamb of God. His blood would cover not just doorposts but hearts, bringing freedom from sin and death.

And here's what's wild, He did this knowing He would be betrayed. Knowing He'd be abandoned. Knowing the very ones at the table would run when things got tough. And yet, He still broke the bread. He still lifted the cup. Because His love wasn't based on their faithfulness it was based on His.

Every time we take communion, we're not just remembering a historical event we're stepping into a divine reality. His sacrifice still stands. His love still covers. His body was broken so we could be whole. His blood was shed so we could be free. The table is still open, and the invitation is still extended.

Prayer:

Jesus, thank You for Your sacrifice. Thank You that even when I didn't deserve it, You still invited me to the table. Help me to never take for granted what You did for me. Let me live in remembrance not just in words, but in the way I love, serve, and surrender to You. Amen.

Challenge/Application:

Take time today to reflect on the sacrifice of Jesus and what it means in your life.

Day 38: Jesus Prays in Gethsemane

Scripture: Matthew 26:39

"Father, if it is possible, may this cup be taken from me. Yet not as I will, but as You will."

Reflection:

This was the moment. The events that followed included betrayal, suffering, and a significant burden. And in that garden, He wrestled. He wasn't just divine; He was human. He felt it. The pain, the fear, the heaviness of what was to come. And He did what we all do when life gets overwhelming. He asked God if there was another way.

Maybe you've been in that place, too. The place where you're staring at a situation you don't want to face, a calling that feels too big, or a season that feels unbearable. You've prayed, *"God, if there's another way, please let this pass."* But deep down, you know surrender is the only option.

That's where Jesus was. He didn't pretend it was easy. He didn't suppress the weight of it. But He surrendered anyway. *"Not as I will, but as You will."* That's real faith not the absence of struggle, but choosing to trust God even when it hurts. Even when it's hard. Even when it doesn't make sense.

Surrender isn't weakness; it's the greatest act of strength. It's letting go of our limited perspective and trusting that God knows exactly what He's doing. And just like Jesus' surrender led to victory, yours will, too.

Prayer:

God, I won't act like it's always easy to say yes. There are things I want to hold onto, plans I don't want to let go of, paths I wish were different. But today, I choose to surrender. Not my will, but Yours. Give me the strength to trust You, even when I don't understand. Amen.

Challenge/Application:

What's one thing you've been holding onto that you know God is asking you to release? Take a moment today, write it down, and lay it at His feet. Let surrender be your victory.

Day 39: The Crucifixion (Good Friday)

Scripture: Luke 23:46

"Father, into Your hands I commit My spirit."

Reflection:

This was the darkest moment in history. Jesus, innocent and blameless, hung on a cross, suffering the weight of sin that was never His to bear. The sky darkened, the earth trembled, and for a moment, it seemed like hope had died. The very ones He came to save mocked Him. His closest followers scattered in fear. The enemy thought he had won.

But what looked like the end was actually the greatest rescue mission ever accomplished. Jesus wasn't just enduring the cross, He was fulfilling the plan of redemption that had been set in motion before the foundation of the world. Every sin, every failure, every burden He carried it all so that you wouldn't have to. When He spoke His final words, *"Father, into Your hands I commit My spirit,"* He wasn't giving up; He was surrendering in victory. The mission was complete. The debt was paid in full. It was finished.

This moment wasn't just about His suffering, it was about your freedom. The cross was where your shame was nailed, where your past was erased, and where grace took its rightful place over your life. What Jesus did wasn't just for that moment in history it was for every moment of yours. Because of His sacrifice, you don't have to live bound by sin, weighed down by guilt, or trapped in fear. The cross was an invitation to life real life, full of hope, redemption, and restoration.

Prayer:

Jesus, thank You for the cross. Thank You for taking my place, for carrying my burdens, and for giving me a freedom I could never earn. Help me to live daily in the victory You have already won. Let me never take Your sacrifice for granted. Amen.

Challenge/Application:

Take time today to reflect on what the cross means for you. Write down three things in your life that Jesus has freed you from because of His sacrifice. Then, spend a few moments in gratitude, thanking Him for the price He paid so that you could live in victory.

Day 40: Silent Saturday

Scripture: Matthew 27:62-66

“So they went and made the tomb secure by putting a seal on the stone and posting the guard.”

Reflection:

We all know what it feels like to go through seasons of silence, when it seems like God isn't answering, when prayers go unanswered, when you feel lost and alone. You know He's real, you know He exists, but for some reason, everything is just... quiet.

That's exactly what happened on Saturday. Jesus had been crucified. He had died. His body lay in a tomb, and it seemed like the enemy had won. The ones who conspired against Him, who wanted Him gone, looked like they had the victory. It felt like hope had been buried. And while the enemy thought he was celebrating; the disciples were wrestling. They were grieving, afraid, full of doubt. They had given up so much to follow Him left their livelihoods, walked away from their old lives and now, it looked like they had nothing left.

Maybe you've been there too. Maybe you've sacrificed, poured out, believed in something bigger, and now all you see is emptiness. Maybe it feels like your hope is dead, your future is dead, your promise is dead. But hear me just because it's silent doesn't mean it's over.

The tomb was sealed. The promise was lying in a dark place. But silence doesn't signify defeat. Sometimes, silence is proof that work is still in progress. The unseen doesn't mean the undone. A lot can change, even in quiet places. Maybe you're in an intermission, not an ending. Maybe what looks like a pause is just the setup for the final act.

Don't let the silence fool you. God is still moving. The story is still unfolding. And Sunday is coming.

Prayer:

Lord, help me to trust You even in the silence. When I don't see progress, when I don't hear an answer, when it feels like nothing is happening, remind me that You are still working. Give me the faith to wait expectantly, believing that what You started, you will finish. Amen.

Challenge/Application:

Think about an area of your life where you feel like God has been silent. Instead of letting doubt take over, declare that He is still moving. Write down a prayer of expectation, trusting that even in the quiet, He is preparing something greater than you can imagine.

Day 41: He is Risen! (Resurrection Sunday)

Scripture: Luke 24:5-6

“Why do you look for the living among the dead? He is not here; He has risen!”

Reflection:

The silence of Saturday gave way to the power of Sunday. The grave that held Jesus could not hold Him any longer. The stone was rolled away, and death lost its grip. What seemed like the end was actually the greatest victory in history. Jesus' resurrection was not just a moment of triumph it was the fulfillment of God's promise that sin and death would not have the final say.

But the resurrection is not just about what happened to Jesus; it is about what happens to us through Him. Because He lives, we are no longer bound by sin, fear, or hopelessness. The same power that raised Christ from the dead now lives in us, giving us the strength to rise from whatever has tried to hold us down. Every dead place in our lives whether dreams, purpose, or faith can come back to life through Him. The resurrection is our reminder that we are never too far gone, never beyond redemption, and never without hope.

Prayer:

Jesus, thank You for Your victory over sin and death. Because You are alive, I have the power to overcome everything that tries to keep me bound. Help me to walk in the new life You have given me, to let go of what was, and to embrace what You have made possible through the resurrection. Amen.

Challenge/Application:

Today, take time to reflect on what the resurrection means for you personally. Identify any area in your life that feels lifeless or stuck and declare resurrection power over it. Speak life into your dreams, your faith, and your purpose, knowing that the same God who raised Jesus can restore, renew, and revive anything in your life.