



Who We Are in Christ



JOURNEY|ROSEBURG

MARCH 15 - APRIL 5, 2026

JOURNEY ROSEBURG CHURCH

21 DAY CALL TO PRAYER & FASTING

21 DAYS OF PRAYER & FASTING

THEME: WHO WE ARE IN CHRIST

Preparing for a Successful Fast

- Choose a fast appropriate for your health and lifestyle
- Replace fasting time with prayer and Bible study
- For food fasts: stay hydrated and reintroduce food gradually
- Seek medical advice if you have health concerns
- Don't get discouraged by setbacks - just start again
- Stay connected with your church community

Welcome to our second annual 21-day journey of prayer and fasting. This year, we want to focus on who we are in Christ. Through intentional prayer and fasting, we create space for the Father, Jesus and Holy Spirit to work in extraordinary ways.

Our Focus:

- Who God says we are
- Letting truth shape our daily life
- Identity that leads to purpose

Whether you're new to fasting or have done it before, this guided experience is designed to help you draw closer to God and gain a better understanding of ***who we are in Christ*** in 2026.

Choose a fast that will challenge you while being sustainable.

Remember: Fasting isn't about what you give up - it's about making room for more of God.

21 DAYS OF PRAYER & FASTING

THEME: WHO WE ARE IN CHRIST

Understanding Fasting

Fasting is a spiritual discipline where we deliberately replace food or other daily habits with prayer and Bible study. By temporarily giving up physical nourishment or daily distractions, we create space to find deeper spiritual nourishment and clarity in God's presence.

Benefits of Fasting

Spiritual Benefits:

- Deepens your relationship with God
- Heightens spiritual awareness and clarity
- Strengthens prayer life and faith
- Helps break the power of your flesh
- Provides spiritual breakthrough and renewal

Physical Benefits:

- Gives your body natural rest and rejuvenation
- Helps establish healthier eating patterns
- Can improve mental clarity and focus
- May break unhealthy habits
- Can lead to improved physical well-being

1. Food Fasts

A. Daniel Fast

- Based on Daniel 1:12
- Fruits, vegetables, and water
- Avoid meat, dairy, sugars, and processed foods

B. Partial Food Fast

- Skip certain meals each day
- Restrict eating to specific hours
- Replace meals with prayer time

C. Liquid Fast

- Juice, broths, and water only
- Should be approached with careful preparation

2. Time & Activity Fasts

A. Digital Fast

- Social media
- Entertainment streaming
- Video games
- Replace screen time with Bible study and prayer

B. Schedule Fast

- Set aside regular activities
- Give up a hobby temporarily
- Cancel regular entertainment
- Use this time for spiritual growth

C. Lifestyle Fast

- Shopping (except necessities)
- Entertainment spending
- Redirect resources to God's work
- Practice simplified living

3. Habit Fasts

- Give up a daily comfort
- Change routine to prioritize God
- Replace habits with spiritual disciplines
- Focus on breaking dependencies

4. Combination Fast

- Combine any of the above
- Create a personalized plan
- Match your fast to your spiritual goals
- Adjust as needed during the 21 days

OUR IDENTITY IS SECURE IN CHRIST- DAY 0

READ

Matthew 11:28-30
Galatians 2:20

WORSHIP SONG

I'll Do It Again



by Andrew Ripp

PRAY

Focus: Chosen by God

The Jews required works to be saved. Jesus saves us through faith. His FATHER sent HIM to die for you and me; to me this shows the incredible love our FATHER has for you and me. When we die to ourselves and live for Christ, we live moment by moment for what our FATHER wants for us.

Jesus is the perfect example. He listened moment by moment to HIS FATHER, who led HIM to sacrifice himself for our sake. Moment by moment obedience means anything outside of what Jesus wants us to do is worthless. Moment by moment obedience to what Jesus wants for us leads to treasures in heaven.

Serving what Jesus desires us to do is more important than anything else. Life with Jesus forever and ever with Jesus is guaranteed by the Bible.

submitted by George Middlekauff

Help me to be obedient to You, FATHER, moment by moment. What YOU ask me to do is my most important task. I know it is from You if it is consistent with Bible teaching. I have You living in ME through the Holy Spirit. Both You and the devil see me to be as righteous as Jesus Christ. The words I say and my behavior are reflections of Jesus. I worship you Jesus. Amen

OUR IDENTITY IS SECURE IN CHRIST- DAY 1

READ

Isaiah 41:9-10

WORSHIP SONG Chosen



by Matthew West

PRAY

Focus: Chosen by God

To be chosen by God does not mean a life without struggles. Israel was weary, surrounded by uncertainty and fear while in exile to Babylon. Yet God commanded them not to fear because He would be their strength. Being chosen means we are never left to depend on ourselves alone.

There was a time when addiction pulled me into deep despair, and I feared I had gone too far to find my way back to God. I felt unworthy to pray, but I held onto His Word, even when I couldn't feel Him. Isaiah 41:9-10 became my anchor. It reminded me that God had chosen me and had not rejected me. When I had no strength left, He became my help. He didn't turn away from me in my sin and shame—He called me out of that darkness, and when I couldn't stand, He held me.

You are not defined by failures and fears. You are defined by God's deliberate choice and his ongoing presence in your life. When fear creeps in and you feel like you are on your own, Isaiah 41:9-10 refutes with truth: you are chosen, supported, and held.

Contributed by Brook Whitcomb

Lord, when I feel overlooked, afraid, or in adequate remind me that You have chosen me. Help me trust Your strength instead of my own. Uphold me with your righteous right hand.

Amen

OUR IDENTITY IS SECURE IN CHRIST - DAY 2

Focus: Loved Without Conditions

- Unearned and Free: His love is not earned by actions, achievements, or behavior; it is a gift.
- Persistent Despite Failures: God does not stop loving you when you make mistakes, face failures or wander away.
- Sacrificial Action: The ultimate proof is found in Jesus Christ, who died for your sins while humanity was still in a state of rebellion or weakness.
- Everlasting and Secure: His love is a covenant love (Jeremiah 31:3) that promises to never leave you or forsake you, providing hope and peace in difficult.
- His divine love invites you to trust in His grace rather than trying earn approval.

Contributed by Kevin Kline

Father,

Thank you for showing me unconditional love and forgiveness. for not giving me what I deserve, but instead extending your grace. As I go about my day, show me please show me how to love the people you place around me. Let everything I say and do show honor to You and to others.

In Jesus name Amen!

READ

John 3:16,
Psalm 136:2

WORSHIP SONG

This is Amazing Grace



By Phil Wickham

PRAY

OUR IDENTITY IS SECURE IN CHRIST - DAY 3

READ

Ephesians 4:22-24
2 Corinthians 5:17

WORSHIP SONGS

Hosanna
(Praise is Rising)



**The Compass
Church**

Greater



Mercy Me

Focus: Made New in Christ

Have you ever moved or decluttered your house and had a critical look at your possessions tossing the things that no longer hold value in your life?

Tattered running shoes, shirts too small, that random part you kept in that drawer for just in case. Things you don't need for your new life. Jesus asked us to do the same when we are created new in Him. We clear out our old habits... cursing, lying, cheating, stealing, ect. When we believe in Christ, we start a new life in Him. Why should we let our baggage bring us down? When, what Jesus offers us is so light and freeing. Let us lay down the hurt and baggage at the foot of the cross. Let us be made new.

Contributed by Brooklyn Borges

PRAY

Thank you Lord for taking all of our sins off of our shoulders and bearing them on the cross. Let us remember that we are made new through you.

Amen

OUR IDENTITY IS SECURE IN CHRIST - DAY 4

Focus: Fully Known and Seen

Your "name" isn't your sin. Your identity is rooted in Christ and loved by Him. Grace isn't just a safety net for when we fall; it's the floor we stand on. Breaking out of our "sin trap" starts with changing how to identify ourselves. He made you to be much more than the human condition of brokenness and sin. He made you in His image! Jesus paid off the brokenness we create. His Spirit begs us to break out of the great deceiver's lie that we are our mistakes and live the person God created us to be! Much more than our sins and failures.

Psalms 139 and Jeremiah 1:5 remind me how intimate God is with us. And in his great mercy, fully aware of our sins, still loving us more deeply than we can imagine encouraging us to let him make us more.

Identity change. Restore who you are. You are not the labels you give yourself or those others assign, but identify as a Child of God, and in confidence, listening to His ways, greet each day He has given us in bold joy of what He has done for us and who we can become, in His name.

Contributed by Kelsey Wood

Help us Lord, shake off the devils' accusations of our failures and embrace the Spirit's encouragement to be that more you see us as. Help us to hear your reassurance, guidance, and pathways you have made for us. Have us experience more of what you have in store for us with faith in hearing and following your ways. amen

READ
Psalm 139:1-4
Jeremiah 1:5

WORSHIP SONG
Let it Be A Hallelujah



Lauren Daigle

PRAY

OUR IDENTITY IS SECURE IN CHRIST - DAY 5

READ

Ephesians 1:4-5

Galatians 3:26

Romans 8:15

John 1:12

WORSHIP SONG

Adoption Song



By Brandon Lake

PRAY

Focus: Adopted into God's Family

A Christian is a chosen child of God.

As adopted children, we enter into a new relationship with God. Though we were chosen before the foundation of the world, we lived as an enemy of God.

up to the moment of our salvation. At our conversion, we were adopted into God's family through Jesus Christ.

We have a new identity—the sons and daughters of God.

The eternal God is our Father.

Contributed by Elaine Lavington

Father, thank You for making me Your child.

Help me to live each day knowing I am deeply loved, fully accepted, and never alone.

Help me live in Your love today and share it with others.

Amen.

OUR IDENTITY IS SECURE IN CHRIST - DAY 6

Focus: Secure in God's Hands

We are secure in God's hands. Do you believe that?

God's word tells us that being in God's hands is our source of refuge and strength. When we feel weak, we can find comfort and that he is there to empower us. This strength enables us to face the challenges ahead, providing security in our weakest moments.

God desires us to come to him in times of trouble. The Lord cares so much for us that he even offers peace when we sleep and that he alone makes us dwell in safety. Nothing can separate us from our Heavenly Father.

Contributed by Bob and Tracy Sullivan

Lord Jesus,

We love you and we trust you. Help us to abide in you and to encounter your Holy Spirit each day in our ordinary lives. May we be light to those that do not yet know you. Thank you for your love and protection that equips us to face trials and difficulties. It is by God's grace we are given the gift of salvation. Jesus clearly demonstrates how much he loves us. The judge stepped down and served our sentence.

Thank you, Abba Father, in Heaven, Amen.

READ

Isaiah 41:10

WORSHIP SONG
In Your Hands



Eric & Sharon's
Christian Music

PRAY

OUR IDENTITY IS SECURE IN CHRIST - DAY 7

READ

Matthew 11:28-30
Galatians 2:20

WORSHIP SONG

It Is Well



Chris Tomlin

PRAY

Focus: Resting in Our True Identity

Resting in your true identity means letting go of the need to prove yourself or earn your worth. Jesus invites you to come to Him and find rest for your soul, knowing that your value is not based on your performance but on His love and sacrifice. How can you embrace this rest in your daily life?

Consider the areas of your life where you may feel pressure to strive or measure up. What would it look like to surrender those burdens to God and trust Him to guide you? Resting in your identity in Christ allows you to live with peace and confidence, knowing you are His beloved.

Contributed by Brooklyn Borges

Pray for the ability to rest in God's promises and to trust in the identity He has given you.

LIVING FROM OUR IDENTITY IN CHRIST - DAY 8

Focus: Free from Shame and Condemnation

Because sin brings death and condemnation, we stand guilty and unable to free ourselves (Romans 6:23). Jesus offers Himself as the once-for-all sacrifice, bearing the penalty we deserved. His blood—representing His life given in our place—fully satisfies the demands of justice. Nothing remains to be paid; the sentence has been carried out, and those who trust in Him are no longer under condemnation.

This freedom flows from God's love, not from human effort: "God loved us and sent His Son" (1 John 4:10). Through faith in Christ's finished work, the conscience is cleansed (Hebrews 9:14), guilt is removed, and the believer is released from both the penalty and the bondage of sin. The result is a new standing before God—free, reconciled, and able to serve Him without fear.

Contributed by Barbara Blake

This is a shortened version, please use the QR code provided to read the full version of this great devotional as it was originally written.



Jesus, I believe You. I believe You say it and You mean it; You are God, and Your blood, divine and eternal, is enough to cover the sins of the whole world, including mine.
I believe your blood completely paid for all my sins—
Past, present and future - Completely and apart from me.

Amen

READ

Romans 6:23
1 John 4:10
Hebrews 9:14

WORSHIP SONG

Thank You Jesus for the Blood



Charity Gayle

PRAY

LIVING FROM OUR IDENTITY IN CHRIST - DAY 9

READ

Ephesians 1:7-10

WORSHIP SONG

Still You



Benjamin William Hastings

PRAY

Focus: Forgiven and Redeemed

I know Christians often don't feel forgiven and redeemed. I often don't. Our lives don't always look like it. We don't always forgive ourselves, even if we forgive others, and it's harder still to believe that the God of the universe has forgiven us. And redeemed? Set apart? As his own? How is that even possible?

But, in "wisdom and insight" (Eph 1:8) He lavished redemption and forgiveness on us. This redemption is through His blood, and this forgiveness flows from his rich grace (Eph 1:7). It's not feelings, opinions, or I daresay even our own apparent reality that give us assurance of our freedom, but Jesus' blood and the character of God himself.

So, whenever you or I doubt our new identity in God, let's remind ourselves that it's not something we ever created. The two most trustworthy and powerful forces in the universe planned and created our new identity (Eph 1:10), and no one can take that away from us. God declares that we are forgiven and redeemed.

Contributed by Alex Blake

Jesus,

Thank you for redeeming me through dying on the cross, for washing away my sins, and I pray to never forget what you did for me. Help me to lead others to You, so they can also be forgiven and redeemed.

Amen!

LIVING FROM OUR IDENTITY IN CHRIST - DAY 10

Focus: Citizens of Heaven

As citizens of heaven, we are called to live with a perspective that goes beyond the temporary challenges of this world. Reflect on how this truth can bring hope and peace, even in difficult circumstances. How does knowing your eternal home is with Christ change the way you approach your daily life? Think about the ways you can live with a heavenly mindset. Are there areas where you can focus more on eternal values rather than earthly concerns?

Ask God to help you align your thoughts and actions with His kingdom purposes. Everyone has moments when the cares of this world cause us to worry. These verses remind us to take every worry and look at it with a Heavenly perspective. A wise Pastor once put it this way: "Everything that comes into your life has been filtered through God's screen of love and is designed to make you more like Christ Everything!"

Contributed by Monique Stringer

Ask God to help you focus on eternal things and live as a representative of His kingdom.

READ
Philippians 3:20
Colossians 3:1-4

WORSHIP SONG

Turn Your Eyes



Lauren Daigle

PRAY

LIVING FROM OUR IDENTITY IN CHRIST - DAY 11

READ
Romans 8:26-27

WORSHIP SONG

Make Room



The Church Will Sing

PRAY

Focus: Empowered by the Holy Spirit

Following Jesus' resurrection, He gifted His followers the Holy Spirit, transforming scared, devastated, hiding disciples into bold, wise, courageous apostles who were ready to die in confident belief in Him. That same power that raised Christ from the dead lives in those of us who have chosen to belong to Jesus.

The Holy Spirit convicts hearts to believe in the saving work of Christ on the cross. He is God with us in Jesus' physical absence—comforting, helping, teaching, reminding, and leading us into truth. He provides the words and power to share that truth and enables others to receive it. Through His work in us, we serve and build up fellow believers through diverse and necessary gifts. As we walk under the Spirit's leadership, desirable traits grow in our lives, such as love, joy, and peace (see John 16-17, Acts 1-2, 1 Corinthians 12, Galatians 5).

Finally, Romans 8:26-27 presents one of my favorite aspects of the Holy Spirit: He intercedes for us in prayer. These verses remind us that whatever weak offerings we bring to God—stumbling words, confusion, misguided requests, uncertain mumbles, wordless emotion, even emptiness—the Holy Spirit reinterprets and translates them into exactly what is needed according to the will of God. We can come boldly to the Father in prayer, without shame or fear, regardless of our confidence or awkwardness, knowing the Holy Spirit covers what we cannot.

Contributed by Moriah Blake

Father, thank You for your great compassion in giving us the Holy Spirit. Thank you for doing the work in us and providing everything we need to carry out Your will. Thank you that the Holy Spirit does in us what we cannot do ourselves, even turning our weaknesses into strengths in Your Kingdom. Thank You that You desire so much to speak with us that you provide Your Spirit to smooth the way. Amen.

LIVING FROM OUR IDENTITY IN CHRIST - DAY 12

Focus: Walking in Freedom

Freedom in Christ means being released from the chains of sin, shame, and fear. Take time to reflect on what it means to live in this freedom. How has Christ's sacrifice set you free, and how can you walk confidently in the truth of His victory? Are there areas in your life where you feel bound or weighed down? Surrender those areas to God and ask Him to help you experience the fullness of His freedom. Remember, you are no longer a slave to sin—you are free to live in His grace and love.

Christ set me free the day I asked Him into my life. He is always there for me, helping me through the tough times and the good. My prayer is to live each day in the freedom Christ gave me through His gift on the cross, leaving the chains He already broke. Amen!

Contributed by Roger Vogelpohl

Thank God for the freedom We have in Christ. We pray for strength to walk boldly in that freedom,

Amen!

READ

Galatians 5:1
John 8:36

WORSHIP SONG

No longer slaves



Bethel Music

PRAY

LIVING FROM OUR IDENTITY IN CHRIST - DAY 13

READ

Psalm 27:1
Deuteronomy 31:6

WORSHIP SONG

No Fear



John Reddick

PRAY

Focus: No Longer Slaves to Fear

For a long time, I lived in fear. Someone once used it to control me, threatening to take away something that meant the world to me. That fear shaped my choices and dictated my life in ways I didn't even fully realize at the time.

Eventually, I decided to face it. The person followed through on their threat and took from me the very thing I had been so afraid to lose. It hurt deeply—more than I expected. But something unexpected happened too: I felt free.

What I learned is this—living in fear was far worse than facing it. Losing what I loved was painful, but the constant anxiety of waiting for it to be taken had been heavier. In the end, freedom cost me something precious, yet it gave me something greater: relief, peace, and a strength I hadn't felt in years.

Contributed by Joel Allen

Lord Jesus,

your strength has been shown over and over, you are truly an awesome savior. I thank you for that strength and guidance and I pray for that continued support in my life.

With you on my side I have nothing to fear. I want to be more like you so please continue walking with me and light my path that leads to salvation with you. In Jesus' mighty name I pray!

Amen.

LIVING FROM OUR IDENTITY IN CHRIST - DAY 14

Focus: Living Confidently as God's Children

As children of God, we are heirs to His promises and recipients of His unconditional love. Reflect on how this truth shapes your confidence and self-worth. How does knowing you are deeply loved by the Creator of the universe empower you to live boldly?

Think about areas in your life where you may struggle with insecurity or doubt. How can you remind yourself of your identity as God's child in those moments? Living confidently means trusting in His love and walking in the assurance of His presence.

To me it means that I am God's child and no matter what happens on earth or how my day goes I am his son. He has already forgiven my past and future sins and he has a spot for me in heaven.

Contributed by Nicholas Borges

Thank God for adopting you as His child.

Pray for confidence to live out your identity in Him.

READ

Romans 8: 14-15
1 John 3:1

WORSHIP SONG

Good, Good Father



Chris Tomlin

PRAY

REFLECTING CHRIST THROUGH OUR LIVES - DAY 15

Focus: Created with Purpose

We must let go of the life we have planned, so as to accept the one that is waiting for us.

Should we be asking "What's my purpose in life?" or should we ask "What's God's purpose for me?" We are fearfully and wonderfully made, before we were, God knew us.

It's our purpose to know God, spread the gospel, and to love those around us. Knowing that in this life we will have troubles, be prosecuted, and sometimes struggle, we can look on and see our purpose and be glad. God's purpose can be our foundation for every day, knowing we matter, God loves us, and will be with us. Sometimes I can get caught up in worldly worries, but knowing that God has a purpose for me can really help me shed the worries and stand firm. My favorite verse (Ester 4:14b) reminds us that even when we struggle, we should embrace the purpose God has given to us. God blessed Ester's bravery and she lived to help her people.

Contributed by Mikayla Jenkins

Lord,

thank you for everything I have been given. Help me see my purpose and Your plans for me. Let me always remember you're in control and have made me in your image.

In your holy name, Amen.

READ
Ester 4:14b
Jeremiah 29:11

WORSHIP SONG

Made for More



Josh Baldwin

PRAY

REFLECTING CHRIST THROUGH OUR LIVES - DAY 16

READ

john 8:12

WORSHIP SONG
Salt & Light



Lauren Daigle

PRAY

Focus: Being Salt & Light

Reflect in the word and spend time in prayer

Contributed by Jim and Terri Delfino

Lord Jesus,

help me to be a light shining the truth of God's love and grace, dispelling the darkness and pointing others towards God.

Help me to bring salt and light as a source of goodness, hope, and transformation in a world that desperately needs your love. Help me to bring flavor, preservation and healing to the world around us.

In your loving name, amen!

REFLECTING CHRIST THROUGH OUR LIVES - DAY 17

Focus: Ambassadors for Christ

In 2 Peter 1:1-10, the apostle Peter explains that salvation is not the finish line but the beginning of a purposeful journey toward Christlike maturity. Through Christ, we are given everything we need for life and godliness, but we are called to actively grow—adding to our faith virtue, knowledge, self-control, perseverance, godliness, kindness, and ultimately love. A believer may be saved yet remain spiritually immature, but true new birth produces transformation. As echoed throughout Paul's letters, this growth is not about legalism, but about becoming a new creation in Christ, renewed daily by the Holy Spirit and increasingly fruitful in character and conduct.

The apostles consistently urge believers to leave behind the patterns of the old life and walk in the reality of their new identity. Spiritual maturity confirms our calling and guards us from stumbling, demonstrating that salvation results in visible change. We have been delivered from darkness, qualified for an eternal inheritance, and made complete in Christ—not by our works, but by faith in His finished work. The invitation is not to mere religious behavior, but to a deep, transforming relationship with God that shapes every aspect of who we are.

Contributed by Jesse Haggans.

This is a shortened version, please use the QR code provided to read the full version of this great devotional as it was originally written.



READ

2nd Peter 1:1-10

WORSHIP SONG

All That I Need



**Dante Bowe, Graham, &
Maverick City**

PRAY

Lord,
Thank you for this opportunity to show others the love you have for us, let us bring more people to your kingdom so we can all be made new, Amen!

REFLECTING CHRIST THROUGH OUR LIVES - DAY 18

Focus: Acceptance of Christ's Gift

READ

Luke 23:39-43

WORSHIP SONG

I am Barabbas



Josiah Queen

PRAY

Dear Lord,
I confess I am a guilty sinner. I deserve judgment.
I believe Jesus died in my place and rose from the dead.
Remember me. Save me.
Amen.

Two men died beside Jesus.
Both were guilty of shedding blood.
Both were helpless.
One mocked.
One repented.
The repentant criminal saw what the other did not:
Jesus was innocent.
Jesus was the one true King.
Jesus was the Messiah.
He understood that Jesus had not earned the cross —
He had taken it.
When Barabbas was pardoned,
Jesus took his place
as a man guilty,

a man with blood guilt,
worthy of execution.
One pardoned for shedding blood...
by One who sacrificially shed His own blood.
Perhaps Barabbas watched.
Perhaps he saw the innocent King
dying in the place that belonged to him.
Perhaps he felt the weight of that mercy.
That is what Jesus does for sinners.
So, the thief prayed,
"Jesus, remember me."
And Jesus answered,
"Today you will be with Me in Paradise."
That is grace.

Contributed by Curt Frosland

To come to Christ is to agree with God:

I am guilty.
I deserve judgment.
I cannot save myself.
And to believe:
Jesus died in my place.
Jesus rose from the dead.
Jesus alone can save me.
This is repentance and faith.

REFLECTING CHRIST THROUGH OUR LIVES - DAY 19

Focus: Growing into Christlikeness

Since Christ suffered much, it is right and fitting that we suffer somewhat. Our trials are but splinters compared to His cross. Yet at the heart of it all is this wonder: a mystery once hidden, now revealed- Christ in you, the hope of glory.

From that mystery flows our calling: to be presented mature, complete in Christ- striving with all His power and by His grace, shaping us to become just like Him

Contributed by Jeff Paschall

Lord Jesus,

Thank you for suffering so much for me. Live Your life within me today. Shape my heart, refine my character, and mature me in Your likeness. May Christ in me truly be my hope of glory.

Amen.

READ
Colossians 1:24-29

WORSHIP SONG
In Christ Alone



Michael English

PRAY

REFLECTING CHRIST THROUGH OUR LIVES - DAY 20

READ
Ephesians 6:13-14

WORSHIP SONG
The Truth



Megan Woods

PRAY

Contributed by Jeff Whitcomb

Focus: Standing Firm in Truth

During a recent guided self-inventory, I was led to identify dishonesty and a lack of transparency as contributing factors to the times in my life when I regrettably caused harm to others. It's no wonder that, as Paul teaches us to put on the armor of God, he starts with "girding our loins with truth." In our quiet time of prayer and meditation, in the presence of our Creator who loves us more than human understanding can comprehend, let us ask Him to fill our minds and hearts with His truth.

His truth will guard us from the enemy's attacks in the most vulnerable areas of ourselves and others. His truth will remind us what He sees when He directs His gaze at us. His truth, delivered with love, can break through the darkness in others that only the truthful empathy we've received from our own life experiences can reach.

Stand strong today. Stand firm in the freedom that only His truth can provide to us and others. And remind us, when we are called on to deliver the truth to others, that truth must always be delivered with love.

Father God, we thank You that You have provided us the freedom of Your truth. While all the things that surround us in this world can cause confusion, doubt, and worry, we find safety in knowing that Your truth, found in Your Word, is always there. The truth of Your love and presence is always with us and within us. We ask You today to fill us with Your love so that we can truthfully, effectively, and joyfully pour Your love out on others, especially those who may not know just how much You love them. In Jesus' name, amen.

REFLECTING CHRIST THROUGH OUR LIVES - DAY 21

Focus: Rooted and Established in Christ

Gratitude is a powerful way to shift your perspective and align your heart with God's goodness.

Reflect on the blessings in your life and the ways God has been faithful to you. How can cultivating a heart of gratitude help you trust Him more deeply?

Think about the moments when worry or anxiety has taken hold of your heart. How can you replace those feelings with thanksgiving and trust in God's peace? Remember that His love and faithfulness endure forever, and He is always working for your good.

Contributed by Jeff Paschall

Thank God for His faithfulness and the blessings He has given you. Ask Him to help you cultivate a heart of gratitude and to trust Him in every circumstance. Pray for His peace to guard your heart and mind as you walk through life.

READ

Psalm 100: 4-5
Philippians 4:6-7

WORSHIP SONG

Gratitude



Brandon Lake

PRAY

Thank You

Thank you for joining us in prayer and fasting! Your commitment to growing closer to God through this spiritual discipline is an important step in your faith journey.



JOURNEY|ROSEBURG