



ROOTED

40 DAYS OF FASTING & PRAYER

What is 40 Days of Fasting and Prayer?

The Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don’t tear your clothing in your grief, but tear your hearts instead. Return to the Lord your God, who is merciful and compassionate, slow to get angry, and filled with unfailing love. He is eager to relent and not punish.” – Joel 2:12-13 During this season, Christians globally observe a time for prayer and fasting, aiming to deepen their connection with God. While various traditions accompany this period, it’s beneficial to begin by contemplating areas of your life where you feel distant from God and community.

Giving Something Up

For example, you may have heard about people giving something up for Lent—often things that bring pleasure, like sweets, alcohol, or screen time. A few years ago, I tried to give up sugar. It didn’t last long (I have an epic sweet tooth), and one of the reasons I did it was to lose a little weight. However, it didn’t have much to do with my relationship with Jesus! If you plan to give up something, I encourage you to take a different approach. Instead, consider giving it up as an intentional act of worship and sacrifice to God.

Adding Something In

This time of fasting and prayer should include giving something up, but it can also mean adding something positive to your life, like dedicating time for prayer or Bible reading. Many people use these forty days to read the gospels, chapter by chapter. Another way to observe Lent is through giving—whether it's time, money, or skills. Try to view this as an act of worship and sacrifice, not just a nice thing to do.

Spend Time with God

The most important thing you can do in any season is to intentionally spend time with God. Many resources can help you focus on Jesus’s life, death, and sacrifice during this time. This devotional book is one of those resources. Please use it to help you grow closer to God over the next 40 days.

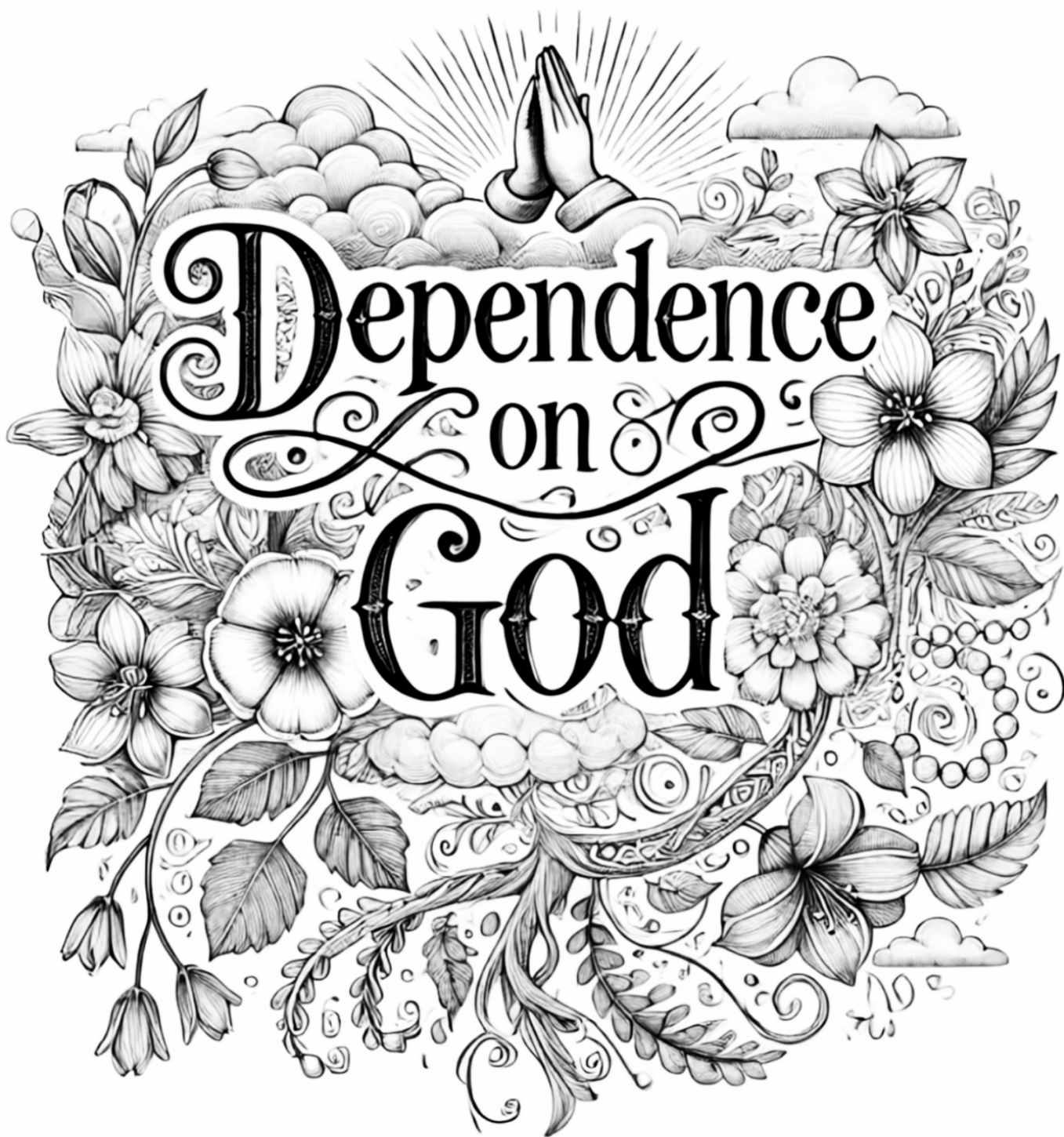
Week 1: Dependent On God Alone

To what extent do you depend on God? As believers, this is our goal, right? Yet, is it possible that we occasionally speak about this idea while depending on our own abilities?

Dependency is a fundamental part of human existence, although we frequently delude ourselves into thinking otherwise. As babies, we are completely dependent on our caregivers. If we live long enough, we eventually find ourselves wholly depending on others again. In the years in between, we may perceive ourselves as self-reliant. However, the truth of our beginning and end indicates our actual condition: we are wholly reliant on God.

There are moments in life that highlight our need for God. However, I've found that as a frightening situation becomes more familiar, we often revert to the habit of self-reliance. But why do we do this? It's common for us to view dependence negatively. A thesaurus search for "dependent" reveals terms like "vulnerable, inferior, defenseless, humbled." However, God's perspective is significantly different. Take a moment to consider how Jesus viewed dependence. Jesus was the most powerful human to ever walk the earth. Yet He openly and frequently spoke about His reliance on God. He didn't view it as a sign of weakness at all. Quite the contrary, He often boasted about it as the source of His strength. He demonstrated His dependence by consistently going to the Father in prayer. If Jesus saw it that way, how much more should we?

This week, let's actively recognize and embrace our reliance on God. This awareness doesn't come naturally, regardless of how long we have believed. However, when we intentionally seek and acknowledge our dependence on Him, we open ourselves up to being fully utilized by God and to experiencing the abundant blessings He has prepared for us.



Day 1: Fasting

"He ate nothing during those days, and at the end of them, he was hungry. The devil told him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'No person shall not live on bread alone.'" – Luke 4:2-4

Pray for the ability to fully trust and rely on your Father in heaven. Ask God to instill the same unwavering faith that Jesus showed in the wilderness. Seek God's presence and guidance as you lean on him for everything in your life.

Day 2: Pride

"Do nothing from rivalry or conceit, but in humility consider others more significant than yourselves." – Philippians 2:3

Ask God to expose any pride and selfishness within you. Invite the Holy Spirit to help you view the people around you as they do, prioritizing their needs over your own. Who can you help today?

Day 3: Humility

**"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."
– Philippians 2:5-8**

Thank God for the example of Jesus and pray that they would help you live in humble obedience and submission to their good, perfect, and loving will.

Day 4: Rest

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." – Matthew 11:28-30

Set aside some time for stillness today and try to recognize God's existence in your life. Ask them to help you placing your trust in Jesus for genuine and enduring rest. Express gratitude for the gift of Jesus, who willingly bears your burdens and provides a rest that the world cannot match.

Day 5: Busyness

"Jesus answered her, Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion and it will not be taken from her." – Luke 10: 41-42

If you haven't selected a fast yet, pray for God to guide you toward what would help you spend more time with them each day. God cares for you deeply and cherishes the moments you share together, more than you can imagine.

Day 6: Truth

"Trust in the LORD with all of your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." – Proverbs 3:5-6

Ask God to reveal the various ways you rely on yourself or this world for truth instead of trusting in Him. As you seek God in Scripture, pray that they help you fully trust in His presence, revealed truth, and love for you.

Day 7: Renewal

"I appeal to you, by the mercies of God, to present yourself as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, so that by testing, you may discern what the will of God is, what is good and acceptable and perfect." – Romans 12:1-2

Invite God to bring renewal and transformation into your life and the community you cherish. Pray for God's guidance in orienting your whole life and being a more true reflection of Christ in the world. Ask God to shape you as you strive to live your mission effectively.

Week 2: Indwelling Holy Spirit

But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. – Romans 8:9-11

In Romans 8:9, Paul reveals an astonishing reality: “the Spirit of God dwells in you.” The indwelling of the Holy Spirit is the essential condition of being a Christian. Paul’s mention of the Spirit residing “in you” conveys a sense of closeness. The term he employs originates from the word for a house. While God the Spirit is present everywhere, they intimately reside in us, much like a family living together in a home. Thomas Manton said, “He is in them as he is nowhere else.” Similar to how God once inhabited the tabernacle and the temple, the Spirit of God now resides “in you.”

This reference to the Spirit dwelling “in you” also conveys the idea of constancy. If you believe in Christ, the Holy Spirit does not just come upon you or alongside you, as they did in times past. The Holy Spirit resides permanently within you. Jesus promised to send the Spirit to “be with you forever” – John 14:16. In simple terms, the Spirit is not just a visitor to us, a vacationer within us, or even a temporary house guest—The Spirit of God is a resident. Whatever the address of your heart may be, that is where the Holy Spirit lives.

The mention of the Spirit residing “in you” beautifully highlights the essence of community. Paul lovingly refers to this being as “the Spirit,” “the Spirit of God,” and “the Spirit of Christ.” Knowing that the Spirit dwells within us brings a wonderful sense of assurance, as it connects us in deep communion and fellowship—creating a true community with each member of the Holy Trinity. As Paul wonderfully concludes in verse 9, the Spirit living in us signifies, above all, that we are cherished members of Jesus Christ, the Son of God Father.



THE
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Day 8: Filled by the Spirit

But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. – Romans 8:9-11

Thank God today for the blessing of the Holy Spirit living in you, as you are a part of Jesus. Seek to be filled with this Spirit, relying entirely on them as you navigate your day.

Day 9: Guided by the Spirit

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.” – Galatians 5:22-25

Ask your Heavenly Father to teach you to walk in the Spirit. Ask God to help you release selfish desires and instead love and serve others, showing the fruit of the Spirit to everyone around you.

Day 10: Convicting of Sin

“As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. Godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.” – 2 Corinthians 7:9-10

Invite God to bring conviction so you can repent in the areas where your heart and life are at odds with the divine. Trust in Jesus's work, knowing there is no condemnation in Christ. Ask God to help you truly understand and believe in the complete forgiveness and love you have in Christ, even as you seek genuine conviction that leads to repentance and renewal.

Day 11: Empowering of the Spirit

"Never doubt God's mighty power to work in you and accomplish all this. They will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! Jesus will outdo them all, for his miraculous power constantly energizes you. Now we offer up to God all the glorious praise that rises from every church in every generation through Jesus Christ—and all that will yet be manifest through time and eternity. Amen!" – Ephesians 3:20-21

Surrender to God's Spirit—the same Spirit that resurrected Jesus from the dead, who dwells within you and empowers you to love, serve, and live on a mission in ways you never thought possible.

Day 12: Gifting of the Spirit

A spiritual gift is given to each of us so we can help each other. To one person the Spirit gives the ability to give wise advice; to another the same Spirit gives a message of special knowledge. The same Spirit gives great faith to another, and to someone else, the one Spirit gives the gift of healing. The Spirit gives one person the power to perform miracles; another the ability to prophesy. Someone else can discern whether a message is from the Spirit of God or another spirit. Still another person is given the ability to speak in unknown languages, while another is given the ability to interpret what is being said. It is the one and only Spirit who distributes all these gifts, and they alone decide which gift each person should have. – 1 Corinthians 12:7-11

Take a moment and pray that God unveils the unique spiritual gifts they have promised you as a believer in Jesus. Ask for their strength to empower you to fully embrace these gifts as you embark on your mission to reach, redeem, and renew people.

Day 13: Reminding Us of All Truth

"When the truth-revealing Spirit arrives, they will uncover the essence of every truth within you. They will not speak on their own authority, but will only convey what they hear from the Father, who will prophetically disclose to you what is to come. come." – John 16:13

While fasting, seek clarity of thought. Express gratitude to the Holy Spirit for revealing the truths of God's word. Pray for God's presence in your community to foster a deeper understanding and reliance on their truth.

Day 14: Communing with the Spirit

"The Holy Spirit embraces us in our human frailty to empower us in our weakness. For instance, there are times when we don't even know how to pray or what is best to ask for. Yet, the Holy Spirit rises up within us to super-intercede on our behalf, pleading to God with emotional sighs too deep for words. God, the searcher of the heart, fully knows our longings, and He understands the desires of the Spirit, for the Holy Spirit passionately intercedes for us, His holy ones, in perfect harmony with God's plan and our desires." – Romans 8:26-27

While you pray, remember that God's Spirit advocates for you, especially during times of weakness or confusion. Ask the Holy Spirit to explore the deepest longings of your heart, trusting that God understands you entirely and embraces you wholeheartedly through Jesus.

Week 3: Healing and Restoration

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land." – 2 Chronicles 7:14

Do you need healing or restoration in your life? Perhaps you need your marriage repaired, or maybe it's a dream that needs renewing. You might need to restore your health or finances. Whatever requires healing in your life, here are four fundamental principles you can apply.

Admit you're not in control – Humility occurs when you acknowledge that God is God, and you are not, and humility is foundational for healing and restoration in your life. But humility is a choice. It doesn't mean thinking less of yourself; rather, it's about thinking of yourself less.

Ask God for help! – For many people, asking God for healing can be difficult. However, the New Testament states, over 20 times, that if you have any need, ask God, and it will be given to you. God wants you to seek help through prayer because it is the only way you will learn to trust them.

Seek God, not a miracle! – When you pursue God, you receive everything else. Now, there is nothing wrong with wanting a miracle. However, we are called to prioritize seeking God over miracles. Hebrews 11:6 says, "God rewards those who earnestly seek them." You must seek God with all your heart.

Turn your attention from the world to the Word – Wickedness is forgetting God. Whenever you forget God, you place yourself in a vulnerable position because you were created to be in fellowship with your creator. God loves you and wants you to love them back. The word "turn," in Hebrew, literally means "return." It means "bring back" and "repent." Repentance is the most positive change you can make in your life. If you are walking away from God, make a U-turn and return to your Heavenly Father.

A detailed black and white line drawing. At the top, a dove flies towards the right, surrounded by floral and leafy motifs. In the center, the text "MAKE EVERY EFFORT TO LIVE AT" is written in a bold, sans-serif font. Below this, the word "Peace" is written in a large, elegant, cursive script. The background features a landscape with a body of water, distant hills, and a small boat. At the bottom, another dove flies towards the left, also surrounded by floral and leafy motifs. The entire scene is framed by intricate, swirling patterns and foliage.

MAKE EVERY
EFFORT TO LIVE AT

Peace

Day 15: Physical Healing

"In that hour, Jesus healed many people of diseases, plagues, and evil spirits. To many who were blind, he restored their sight. He answered them, "Go and tell John what you have seen and heard: the blind receive their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news preached to them." – Luke 7: 21-22

Confess to God that they are the Great Healer. Pray by name for those who are struggling physically and ask our God to heal them. If you are suffering, ask for healing in your own life according to God's will. Ask God to give us stories to tell of their power and mercy, that their good news would be proclaimed, and their name honored.

Day 16: Emotional Healing

"The LORD heals the brokenhearted and bandages their wounds. The Lord counts the stars and calls them all by name. How great is our Lord, whose power is absolute and their understanding is beyond comprehension!" – Psalm 147:3

Request healing from the Lord for the emotional wounds you carry. Express your trust in God's healing power and acknowledge that their grace is enough.

Day 17: Spiritual Healing

"God loved us with such great love. God is so rich in compassion and mercy. Even when we were dead and doomed in our many sins, God united us into the very life of Christ and saved us by his wonderful grace! God raised us up with Christ the exalted One, and we ascended with him into the glorious perfection and authority of the heavenly realm, and we are now co-seated as one with Christ! Throughout the coming ages we will be the visible display of the infinite riches of his grace and kindness, which was showered upon us in Jesus Christ." – Ephesians 2:4-7

Express your gratitude to God for their forgiveness and grace. Ask God to help you remember that you have been forgiven from every sin and have been healed from all unrighteousness. Pray for God to use your life as a testament to their strength and abundant mercy.

Day 18: Relational Healing

So if you are offering your gift at the altar and remember that another Christ follower has something against you, leave your gift there before the altar and first be reconciled, and then come and offer your gift. – Matthew 5:23-24

Pray that God will make your relationships as important to you as they are to them. Ask God to give you the faith required to go and be reconciled to anyone with whom you have a fractured relationship.

Day 19: Wounds

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God." – 2 Corinthians 1:3-4

Ask God to give you peace of mind while they work to bind your wounds. Pray for a soft heart toward other people who are hurt and downcast. Ask the Spirit of God to reveal ways you can pray for the people that come to mind.

Day 20: Trauma

"The steadfast love of the Lord never ceases; their mercies never come to an end and are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in you." Lamentations 3:22-24

Pray through these verses. Ask God to help you trust him in the depths of your struggle. Ask the Lord to send people to you who will speak grace and truth to you and strengthen your faith.

Day 21: Grief

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. The Lord comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." – 2 Corinthians 1:3-4

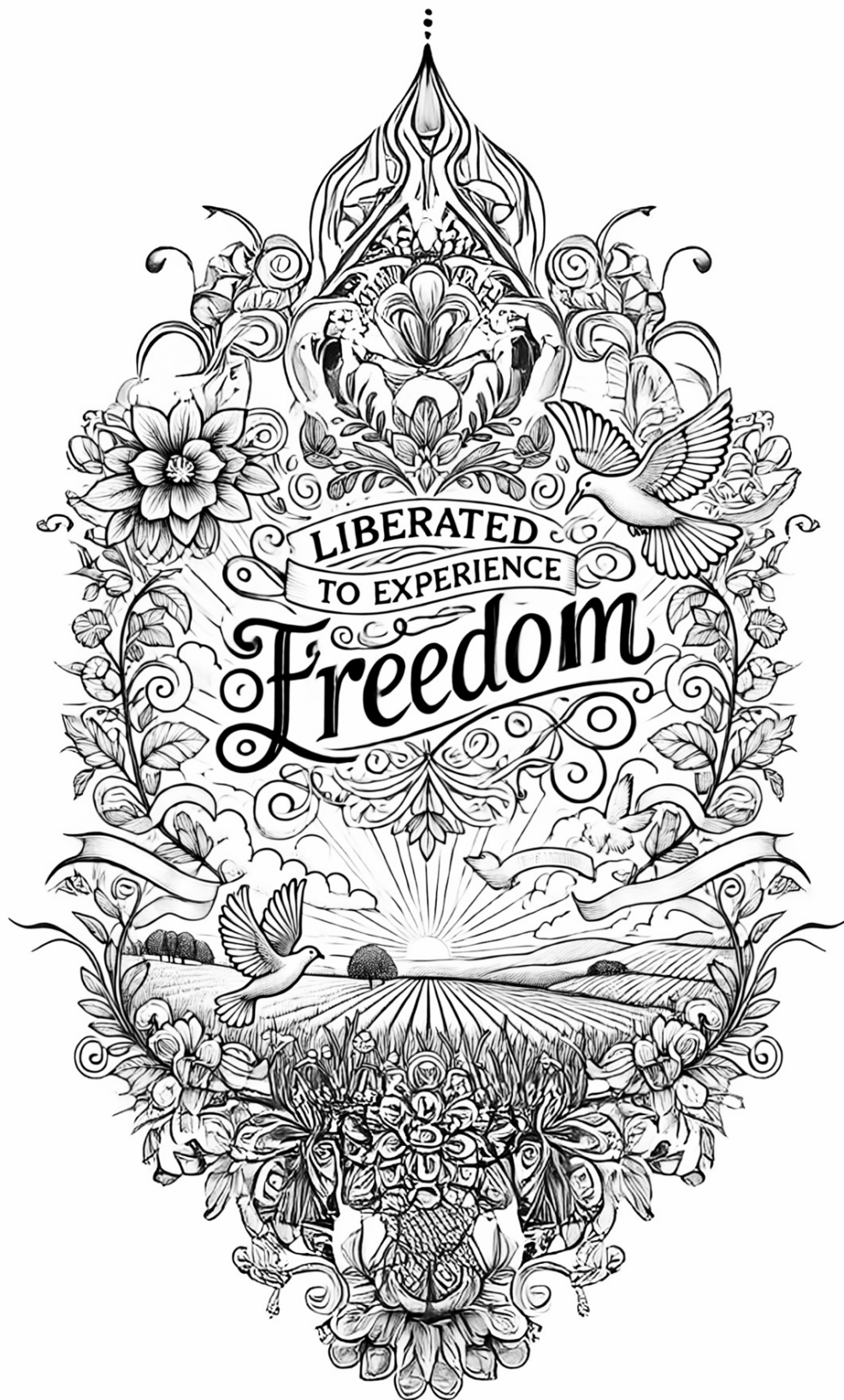
Pray by name for someone you know who is grieving. Ask God to give them comfort and rest in their season of pain. Thank God for the genuine hope we have in Jesus. Ask God for peace in knowing there is life beyond this life.

Week 4: Freedom

In New York Harbor stands a massive copper statue, 150 feet tall – mounted on a base that is another 150 feet high, placing the torch of Lady Liberty more than 300 feet above the ground. This “Statue of Liberty” was a gift to the United States from France in 1876, commemorating 100 years since the Declaration of Independence. The statue was dedicated ten years later, in 1886, and has become a global symbol of freedom – of liberty – for over 130 years. But freedom from what? The concept of liberty, of freedom, has evolved significantly in the modern world, and it can be easy to lose sight of the context of freedom.

In Romans 8, Paul uses the phrase “the freedom and glory of the children of God” to describe both their current reality and a future where hope is fulfilled and suffering fades into a distant memory. This glorious freedom stems from our relationship with our Father God. The privilege of being God’s child, rather than merely a servant or slave, invites us to a life of freedom. God’s forgiven children are liberated from the condemnation of sin. The power of forgiven sin indicates that hell no longer claims our souls. We are freed from sin and its eternal condemnation.

We are liberated from the bondage of sin and granted the joy of serving God. True freedom means having the ability to pursue our desires. This transformation occurs when God changes our hearts, empowering us to follow the Holy Spirit and sincerely wish to please the Father. Authentic freedom lies in fulfilling our purpose and embracing our true selves. The beautiful combination of freedom and glory is the norm for believers who have experienced the radical forgiveness of grace through Christ and are eager to serve alongside fellow sons and daughters of God in the Father’s kingdom.



Day 22: Freedom from Idolatry

"Therefore, put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world." – Colossians 3:5

Ask the Holy Spirit to reveal anything in your life that you see as being more important than God. Ask for the strength to ruthlessly remove every unholy attraction from your life. Ask the Spirit to quiet you in their presence so that you can see clearly and worship Yahweh alone.

Day 23: Freedom from Unhealthy Habits

"Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others, I might be disqualified." – 1 Corinthians 9: 24-27

Pray today, asking for guidance in living with purpose. Request the strength to submit your actions to God and discipline your heart and body. Ask for the resolve to be intolerant of even minor sins, keeping in mind that every action you take either brings glory to Jesus or dishonors Him.

Day 24: Freedom from False Beliefs

The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living. – Psalm 19:7-8

As you seek God in prayer today, ask that they enable you to hold tightly to the truth of Jesus and reject false beliefs. As you fast, ask God to give you a hunger

for their inspired word so that you might know the truth and live your life in submission to them. Ask the Holy Spirit to help you to put into practice their timeless truth.

Day 25: Freedom from Depression and Anxiety

"Rejoice in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank them for all they have done. Then you will experience God's peace, which exceeds anything we can understand. Their peace will guard your hearts and minds as you live in Christ Jesus." –Philippians 4:4-7

Take a moment to share your fears and concerns with God. Place all your worries at God's feet and remember how deeply they care for you. Invite peace of God's Spirit to protect your heart and mind, allowing you to experience freedom from the heavy burden of depression and anxiety. Don't forget to express your gratitude for their constant presence and unconditional love.

Day 26: Freedom from Materialism

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." – Matthew 6:31-33

As you engage in prayer, take a moment to trust that God knows your unique needs and will always seek what is best for you. In your prayers, ask God to help you release your heart from the grasp of material desires and the pursuit of worldly comforts. Dedicate some time to express gratitude for every good gift that has enriched your life.

Day 27: Freedom from Religiosity

For the Kingdom of God, it is not a matter of what we eat or drink but of living a life of goodness, peace, and joy in the Holy Spirit. If you serve Christ with this attitude, you will please God, and others will approve of you, too. – Romans 14:17-18

Take a moment to pray, asking God to release you from the burden of just following rules and relying solely on your own strength. Remember, nothing can save you except the blood of Jesus. Invite God to fill your heart with the peace and joy that arises from trusting in the sufficiency of their grace and mercy for you.

Day 28: Freedom from Envy

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. Let us not become conceited, provoke one another, or be jealous of one another. – Galatians 5:24-26

Pray that the Holy Spirit guides you in all of your relationships. Ask God to teach you humility, enabling you to serve and celebrate others as Jesus does. Ask God to help free your heart from comparison, allowing you to grow more like Jesus each day.

Week 5: Holiness

What's the connection between grace and holiness? Have you ever thought about that connection? Have you ever been confused about the relationship between God's grace and our effort in the Christian life? Here is the key: Grace is incompatible with earning, not with effort. Hebrews 12:14 talks about effort: "Make every effort to live in peace with everyone and to be holy." Being holy is not automatic, and it does not mean trying harder. We need the presence of God's grace.

As we enter a new week of our 40 Days of Fasting and Prayer, let's explore a passage that distinguishes between those who approach God through Jesus and those who do so under the Law of Moses. Hebrews 12:20 tells us that those who received the Law at Mount Sinai "staggered back under God's command." In contrast, verses 22-24 reveal that those who embrace the gospel have arrived at the heavenly Jerusalem (not Sinai). Here, they encounter the assembly of angels and the church of the firstborn, "whose names are written in heaven." They also come to God and Jesus, their mediator.

Through these images, the writer demonstrates that the Law could only lead us so far (to Sinai), but the grace that comes to us through Jesus Christ can take us where the Law could not (to God). The Law directs us to God, but grace brings us into God's presence. The gospel conveys a "better word" that must not be overlooked. The holiness that the writer encourages Christians to practice is fueled by grace. It begins with grace and is accomplished through grace. In 2 Peter 3:14, he resonates with this theme by instructing us to "make every effort to be found spotless, blameless and at peace with God." The only way we can be blameless before God is by being found in Christ. Christ is our righteousness.



Day 29: Repentance

"Beloved, we are already God's children, but they have not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is. And all who have this eager expectation will keep themselves pure, just as he is pure." – 1 John 3:2-3

As you reflect on your life, take a moment to confess your sins to God. Express gratitude to your Father for welcoming you into the family. Seek the faith and courage needed to let go of desires and actions that do not align with God's holiness. Ask Him to purify your heart to mirror His purity and to guide you in bearing fruits that reflect true repentance.

Day 30: Death to Sin

"So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him." – Colossians 3:5-10

As you continue on your journey of fasting and reflecting on the teachings of Jesus, take a moment to invite him into your heart. Ask him to show you the aspects of your life that need to be transformed and released. Pray for God to make every sinful desire and action feel uncomfortable, inspiring you to let go of anything that hinders your path to honoring and obeying their will.

Day 31: Distinctiveness

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Also, look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. – Hebrews 12:14-15

Take a moment to connect with God and express your heartfelt desire to be set apart for Him. Invite Him to cultivate within you a deeper sense of courage and unwavering conviction, enabling you to model your life after His example. This way, you can shine the beauty and grace of Jesus to everyone you encounter.

Day 32: Integrity

And now one final thing. Fix your thoughts on what is true, honorable, right, pure, lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. – Philippians 4:8-9

Take a moment to reach out to your Father, asking for the strength and ability to embrace a life of true integrity. Ask God to fill your heart with an abundant love and trust that allows you to live openly and authentically without the need to conceal your actions or manipulate how others perceive you.

Day 33: Honesty

I tell you, no longer live as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from

him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. – Ephesians 4:17-24

Ask God for the simple courage to always speak your truth. During your time of fasting and prayer, ask God to reveal any areas in your heart that may be willingly deceitful or accepting of falsehoods. Seek the Spirit's guidance to help you let go of old patterns of thinking and embrace a life grounded in honesty.

Day 34: Transparency

So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins, God is faithful and just, forgiving us of all our sins and cleansing us from all wickedness. – 1 John 1:6-9

Express your longing to hide nothing from God, remembering that they know you fully and love you unconditionally. Invite God to examine your heart for any hidden motives and desires and then be open and confess these matters. Also, consider seeking ways to be transparent with a fellow believer in Christ for mutual support and understanding.

Day 35: Submission to God's Word

How sweet your words taste to me; they are sweeter than honey. Your commandments give me understanding; no wonder I hate every false way of life. Your word is a lamp to guide my feet and a light for my path. I've promised it once, and I'll promise it again: I will obey your righteous regulations. – Psalm 119:103-106

Since you've taken the time to fast and avoid distractions, this is a perfect opportunity to connect with God on a deeper level. Spend some moments in prayer and ask God to enrich your understanding of the goodness and truth found in the Bible. Seek God's guidance in aligning your life with their teachings, making a conscious choice every day to embrace their kingdom and fulfill their will.

Week 6: Missio Dei

Missio Dei is a Latin term that translates to "Mission of God" or "Sending of God." It refers to the idea that God is actively engaged in the world, working to fulfill their purpose and mission. This mission of God is not simply one of many activities of the church but instead encompasses all of creation and all aspects of human life. Most importantly, it focuses on God's purpose and plan for redeeming and restoring all creation. It is not so much that God has a mission for the church in the world, but that God has a church for their mission in the world."

Missio Dei is not a program of the church; it is the purpose of God, for which God has built the church. Missio Dei is not the calling of a few select "super-Christians;" it is the plan of God, to which all believers have been called and sent. Missio Dei is not an optional elective; it is the mission of God, the very definition of the Christian life.

Jesus often paused his work—even during travels or important tasks—to help others. He let his plans be interrupted for the sake of God's mission. People matter more than our schedules. Leonard Sweet states, "Disciples of Jesus lead lives focused on their mission. Every person is a missionary. Every marriage serves a mission. Every job has a purpose. We're all on a mission."

Being a Christian, or a disciple of Jesus, isn't just about what we do on Sunday mornings for a couple of hours. A Jesus-centered life includes all parts of life. This is what it means to "live on mission" or to practice "missional living."

Being identified as a Christian is not enough. We must become disciples. A disciple, by definition, embraces and carries out the plans and purposes of the Master. As we walk with Jesus, we find ourselves walking in the way of the Missio Dei in every aspect of our human existence—daily life, relationships, work, and everything else that defines who we are. We are Christlike agents of transformation in our world. We embody love, justice, compassion, and grace, just as Jesus did. As the church, the Missio Dei is our identity. The mission of God starts with creation in Genesis 1 and culminates with new creation in Revelation.



Day 36: Compassion

"When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd. He said to his disciples, 'The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.'"
– Matthew 9:36-38

Today, spend some time praying that God grants you a deep compassion for those who are lost. Ask God to open your eyes so that you can see those who are far from them—whether they are in your neighborhood, family, or workplace. Seek God's guidance on how you can be used to meet their needs and share the gospel with them.

Day 37: Local and Global Mission

"You will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." – Acts 1:8

Take a moment to ask God where they would like to use you for the gospel today. Seek their guidance on how you can participate in the Missio Dei uniquely tailored for you. Even during times when you might feel unprepared, trust that the Holy Spirit is with you, empowering you and giving you the words to share your faith.

Day 38: Friend of Sinners

"To what can I compare this generation? It is like children playing a game in the public square. They complain to their friends, 'We played wedding songs, and you didn't dance, so we played funeral songs, and you didn't mourn.' For John didn't spend his time eating and drinking, and you say, 'He's possessed by a demon.' The Son of Man, on the other hand, feasts and drinks, and you

say, 'He's a glutton and a drunkard, and a friend of tax collectors and other sinners!' But wisdom is shown to be right by its results." – Matthew 11:19

Take a moment to pray, inviting God to reveal those in your life and community who might feel unloved or forgotten. Reflect on how you can be a beacon of love, forgiveness, and compassion to those whom the world has overlooked, embodying the spirit of Jesus in your actions and interactions.

Day 39: Salt and Light

"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. "You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see so that everyone will praise your heavenly Father." – Matthew 5:13 -16

Take a moment to ask your heavenly Father to guide you in becoming a light to the world. Trust that the Spirit of God is renewing your spirit each day to mirror Jesus more closely. Pray that your good works aren't recognized for your own pride or achievements but instead serve to highlight His glory and further His mission.

Day 40: The Great Commission

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." – Matthew 28:19-20

Take some time today to pray for five people in your life who do not yet know Jesus. Ask that their hearts be softened and that God actively works in their lives to bring them to a complete devotion to Christ.