

DAY 1: SACRED TIME WITH THE FATHER

Pastor Chante' White

Fasting, believe it or not, is one of the best practices we can participate in as a Christian. Why? Because it's a sacred invitation for us to slow down and turn our hearts fully toward God. And although it is a great thing to do, it's not always easy and there will be moments of weakness. In those moments when your body feels weak or your routine seems disrupted, remember that God is not measuring your endurance, evaluating you on whether or not you make it. Instead, He's drawing near to your willingness to surrender and be in His presence. In fact, every feeling of hunger can become a reminder that our deepest need is not food, comfort, or control, but it's Him. This is the perfect time to ask God to speak to, restore, and realign your heart with His will.

Please understand that it's likely you may feel stretched, exposed, or even discouraged. Take heart and know this is often where transformation begins. Scripture reminds us that "those who seek the Lord lack no good thing" (Psalm 34:10). And one of those good things that comes from fasting is a sharpening of our spiritual focus; helping us release distractions and trust God more fully. Even if answers feel delayed, know that God has worked in ways we haven't seen and we can use these perceived delays to strengthen our faith, preparing us for what lies ahead. Thank you, Lord, for already going before us!

Let this season be one of not just expectation, but also of intimacy with God. Approach each day with humility and hope, believing that the Lord honors a sincere heart. Whether your fast brings clarity, healing, or simply deeper trust, God promises to meet you there. He is faithful to sustain you, to guide you, and to renew your strength as you wait on Him.

Prayer: Father, in the name of Jesus, we come before You with open hearts and willing spirits. As we fast together, help us to rely on You more than anything else. Give us strength when we feel weak, peace when we feel uncertain, and clarity as we seek Your will. Draw us closer to You, refine our hearts, and fill us with renewed faith. We trust You in this season and thank You for being with us always. In the mighty and matchless name of Jesus, Amen.

Scripture Readings: Philippians 4:19, Psalm 34:10

Thought Questions:

What are some things that you are looking forward to experiencing during this fast?

If this is your first time or one of many times that you're fasting, what do you think will make this experience unique?

DAY 2: COMMITTED

Pastor Melicer Jones

I love the wisdom of Solomon shown to us in Proverbs 16:3, which tells us, “Commit to the Lord whatever you do, and He will establish your plans.” Commitment to the LORD is more than being intentional about committing to Him. It is an act that shows full surrender in word and deed. It is the action of placing our families, our children, our jobs, our dreams, and even our uncertainties back into the hands of the One who entrusted them to us in the first place. Nothing we have is truly ours; everything is a gift we steward. When we release to The Lord, we make room for Him to shape, refine, and fulfill His purpose in us.

This week as we fast, let’s be encouraged to take captive every thought that rises against the knowledge of God, just as 2 Corinthians 10:5 tells us. Commitment requires discipline, not only of our actions but of our minds. We must surrender the thoughts that lead us toward fear, control, or self-reliance, and intentionally replace them with what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (Philippians 4:8). This is how we align with the truth of who God is. When we fix our minds on Him, we begin to see our lives through the lens of “*My God shall...*”. We then see Him as my God shall provide, My God shall guide, My God shall bring to completion what He started.

During this fast, let our commitment to the process be our offering. Let’s entrust our plans, our family, and our future to Him. He is faithful to fulfill what He begins. And when we commit everything back to the Lord, we step into a posture where His will can flourish in our lives. Release what you’ve been holding tightly, and trust that the God who gave it to you is the God who will bring it to fruition.

Prayer:

Lord, today I surrender every part of my life to You—my family, my work, my plans, my desires, and even the things I don’t yet understand. Help me renew my commitment fully to You. Teach me to take every thought captive and to meditate on what is pleasing to You. Strengthen my heart to trust You completely, knowing that everything I place in Your hands is safe, guided, and made whole. Establish Your plans in my life, and let Your will be done. In Jesus’ name, Amen.

Scripture Readings: Philippians 4:19, Proverbs 16:3, 2 Corinthians 10:5, Philippians 4:8

Thought Questions:

What area(s) of your life have you been holding on to that should be surrendered to Him?

What types of unhealthy or unproductive thoughts do you have that should be taken captive to demonstrate full trust and surrender to Him?

DAY 3: TRUSTING THE SOURCE

Pastor Terrance Jones

When it comes to areas of our lives where we like to see stability, I would think that our job, our bank account, and our health are probably the top three items. But sometimes, on these three things we tend to look to them *for* stability by placing huge amounts of trust and assurance on them. I can even find evidence of this from my typical morning ritual; where I pray, read my Word, and then check my bank account and the messages related to my job before I even meditate on what the scriptures I just read are saying to me! On the surface it seems like I'm just getting my bearings for the day. But possibly, I'm actually entertaining a competition between things that are trying to assert themselves as my source.

Have you ever had feelings that put your job as the number one priority? Have you made decisions where the money involved is the deciding factor? Do you find yourself making statements such as "my health is the most important thing"? Well, my friend, those are all actions and statements where you could be implying who and what the source of your life is. The issue is all those things are subject to come to an end, but there's One that will never end.

The Apostle Paul, in Philippians 4:19 shows us who is our real source. He writes that God "shall SUPPLY ALL your need according to HIS riches in glory by Christ Jesus." This means that whether we get promoted or get fired, we can remain productive because the job is not the source. Through moments of financial wealth or lean times, we can still be cared for because money is not the source. In times of physical or mental wellness or illness, we can still have healing because our source isn't the doctor. Our sustainability will always be in Him; through whom every living thing was created and is maintained (Nehemiah 9:6). This is why Paul can boldly say whether he's in abundance or lack, he remains joyfully content (Philippians 4:11-12), because he's clearly identified Who his source is and is determined to live by Him alone. Will you decide today to acknowledge the only true source in Jesus? I believe you will!

Prayer: Wonderful and Loving Father; we thank You for being an all-supplying God. We repent for putting things before You as if they give us what we need when Jesus told us to ask You for our daily bread that You give us freely. So now, we decide to live from every word that comes from You. We thank You for the gift of Your Holy Spirit that helps us in all things. We trust You as our source, and we display that trust by being obedient to Your word, by loving our neighbor as we love ourselves, and by loving You with all our heart, soul, mind, and strength. Help us to always remember that all good and perfect gifts come from You. And as You continue to love and provide for us, we will be careful to acknowledge Your all-sustaining presence. In Jesus Name, Amen!

Scripture Readings: Philippians 4:19, Nehemiah 9:6, Philippians 4:11-12

Thought Questions:

What are some things that are competing for your attention as the source of your life? How will you address them moving forward?

DAY 4: CAN AND WILL

Pastor Kristi Whichard

I absolutely love Philippians 4:19 and how easily it reads! And I admire that Paul is completely confident in what God *will* do. He didn't merely imply that God could do it, he emphatically stated, **MY GOD WILL!** You can certainly tell that Paul is speaking from a personal experience of knowing God, understanding His character, and trusting His ways. This sets an example for us and how we should continuously cultivate a relationship with the Lord by having true fellowship and companionship with Him. And when we reach that place, it is at that point that we can then shift our spirit from merely thinking that God *can* supply all your need to God *will* supply all my need!

All throughout scripture we have constant assurance and evidence that God will provide for us, no matter what our *need* is. Whether it is spiritual, physical, emotional, relational, or financial, God will not withhold any good thing from His children. We read about this type of care again in Matthew 6:26-33; telling us if God even cares for the grass of the field and the birds of the air, how much more will He provide for us? Furthermore, in Ephesians 3:20 we read that God "is able to do immeasurably more than we can ask, think, or imagine, according to His power that is at work within us." This scripture clearly proves that God will not only provide the basic care for His children, but He will do much more. And it's not according to our ability, it is according to His riches in Christ Jesus. How incredible is it to know that God *can*, God *will*, and by His divine power, has supplied everything we need for life and godliness (2 Peter 1:3)?

Be encouraged, God's power is not limited! So we must not approach trials or tribulations that we may face with any mindset other than MY GOD SHALL! Let's not compare our human limitations to God's inexhaustibility. Instead we must posture ourselves in complete confidence, knowing that He will do it! It does not matter the size of your struggle or situation, your God will supply whatever you need. Just ask!

Prayer: Dear Heavenly Father, I am so thankful that You are aware of all that I have need of. I relinquish the burden of trying to meet my own needs, in my own power. I know that without You I am nothing and can do nothing. I choose to trust You fully to supply everything that I need, no matter what my circumstance is or how difficult it seems. Your Word declares over and over again, therefore I place my full trust in You. I know that there is no deficit or lack to those that love You and fear Your Name. I receive Your abundant and generous provision over my life. I believe that You are working all things together for my good and I hold fast to every promise contained in Your Word. In Jesus' Name, Amen!

Scripture Readings: Philippians 4:19, Matthew 6:26-33, Ephesians 3:20, 2 Peter 1:3

Thought Question:

What are some things that you need to declare "my God shall" over?

DAY 5: ABIDING COUNSELOR

Edler Clyde Fisher

The Lord spoke this to me a few months ago, "I AM your Abiding Counselor!" It was right after Jackie and I were finishing up our early-morning daily devotional, prayer, and Bible reading. In the hustle and bustle and perilous times that we live in, The Lord knew at that moment that I needed to be reminded that the Greater One lives inside of me. Since then, He has consistently reminded me that I am never alone and that I never have to wonder about anything. All I have to do is ask Him, seek Him.

He reminded me of the time recently when I was pondering something in my heart. He said, "every time you have ever asked 'what is this, Lord?;' or said 'I need help!' haven't I always granted you the petitions that you have desired of Me (1 John 5:15)?" I said, "that is true, Lord!" I quickly remembered that I'm supposed to cast all my care upon Him because he cares for me. Because He is my Abiding Counselor, He helps me in EVERY situation. All too often I try to handle things with my own strength. This is a recipe for disaster and defeat. It's a continuous process, but I am learning to trust him with EVERY aspect of my life. Life is much easier that way. After all, The Lord is much smarter than I am. He knows EVERYTHING!

During that same time The Lord said – "Every jot and tittle; every word of the Bible is inscribed on your heart. You don't need to know every word all the time. But whenever you need it, I will bring it to your remembrance." That's what He does and has done all of my life. He reminded me that my reading and hearing and meditating and studying the Word has caused it to be inscribed in my heart. As a result, The Holy Spirit has something to work with. This is how I am able to recognize Him when He brings things to my remembrance. He even has a sense of humor: One day He said – "**The world says 'there's an APP for that. I say – There's a scripture for that!'**". The Bible has the answer for whatever circumstance or situation that may arise in your life.

Through this fast, let's learn to trust Him with every aspect of our lives. Take some time to reflect on your walk with the Lord and I'm sure you'll see His Providential Hand on EVERY area of your life. And as we continue to spend time in His Word, we can allow this time of Fasting and Prayer to help us to fully seek the Will of God.

Prayer: Father, in the Name of Jesus, I offer up thanksgiving and praise to You for never leaving nor forsaking us. You promised us in Your Word and as always, You are faithful to keep Your promises to us. Thank You for supplying all our need according to Your riches in glory by Christ Jesus, and for allowing us to cast all of our cares upon You because you care for us. You make things clear to us and You make our crooked paths straight. Thank You, Lord, for enlightening the eyes of our understanding; that we may know what is the hope of Your calling, and what the riches of the glory of Your inheritance in the saints. Father, thank You for the comfort and peace of the Holy Spirit, who leads us into all truth. As You lead us forward, we purpose to keep Your Word hidden in our hearts so that we may not sin against You. In Jesus' Name, Amen!

Scripture Readings: Philippians 4:19, John 14:26; John 16:13; James 4:2; 1 Peter 5:7; Ephesians 1:18

Thought Questions:

Are there situations or issues that you don't fully bring to God? If so, what are some reasons you don't bring them to Him? If not, how does it help you knowing that you bring everything to Him?

DAY 6: THE WAIT

Elder Jonathan Allen

Several years ago, the Lord led my wife Sherri and I to start a business that would help further His Kingdom. He supernaturally communicated to us what the business was, what it would look like, and how it would operate. Admittedly, we were a little scared to leave our comfortable jobs and trust everything to Him, but despite that, we took the leap of faith and started GreenKey, an EV company created to honor and serve the Lord. At first, we had high expectations that God would provide everything for us when we thought we needed it. After all, we were serving Him. Looking back, there were many times when that didn't happen and it seemed that what Paul said in Philippians 4:19 wasn't even true. Everything was falling down around us and it felt like God had forgotten us. Fast forward three years and we can clearly see that God had worked behind the scenes, walking us down the path that He laid out for us but doing it in His timing, not ours.

Sherri and I aren't the first people that God gave a vision to and then had them wait. The Bible is full of examples of people experiencing the same thing. For example, God told Noah to build a boat in a place where there was no water and had him wait 100 years before He brought the flood. God told Abraham to leave his father's house and that he would be the father of a great nation. It would take another 25 years before he even had his promised son Isaac. God showed Joseph in a couple dreams that he would lead and deliver his family. It took 17 years for those dreams to come true. And while he was waiting, he was sold into slavery and thrown into prison. When God delivered His people from the hands of Pharaoh, it would be 40 years of walking through the desert before they would enter the promised land. David was anointed to be King of Israel, but it took 15 years before he actually became King. And during much of his time waiting, he was running for his life from Saul, the guy who was King when David was anointed.

So why does God make his servants wait? And why does the wait usually require us to endure really hard things? Doesn't He love us? The answer is emphatically yes! God loves us so much that He has a plan for each of us. His plans for us are for our benefit and for His glory. God knows that He needs to prepare us for what He has for us and that preparation usually comes in the form of difficulty and trials. God also knows that His timing is perfect. Sometimes His children won't be happy about the wait but, like any good parent, He is willing to do what is best for His children. These past few years, Sherri and I have experienced waiting firsthand. It has been challenging and there have been many tears, but it has been totally worth it! God has used this time to grow us and show us how much He loves us! Even though we still haven't seen the full breakthrough, we are confident that He is working everything for our good as we put our trust in Him. So, if you find yourself in a period of waiting, hold tight to God and trust that He is working it all out for your good. Just like He did with His servants in the bible, He will do it for you too! I promise you, it will be worth the wait!

Prayer: Heavenly Father, Your Word says that You will always take care of me and provide everything I need. I know that while this is true, many times You allow me to experience things that are hard so that You can grow me into the man or woman that You have called me to be. Give me the faith to stand strong in those times. Let me be reminded of who I am in You regardless of my circumstances. I know that if You said it, it will come to pass. So give me the endurance to see my race through to the end! To You Lord be all the glory, honor and praise! In the mighty Name of Jesus I pray, Amen!

Scripture Readings: Philippians 4:19, Genesis, 5:32, Genesis 6:13-18; Genesis 7:11, Genesis 17:1-4, Genesis 21:5

Thought Questions:

What is something that you're waiting for from God? What impact does this have on your faith?

What is your normal attitude like when you're in a waiting season? What is something you can do to ensure God gets glory while you wait?

DAY 7: REST

Pastor Joshua White

In a world that seems to move faster by the day, our Father offers us a rest that is not dependent on our circumstances or our performance. Hebrews 4:1–13 reminds us that rest is not merely a physical pause, but a spiritual promise given to us by a loving Father and that promise still stands today. This rest is made possible through God's faithful provision, Jesus Christ. Through His blood and sacrifice on the cross for the remission of our sins, the door was opened to eternal rest. While the world constantly glorifies the grind and celebrates exhaustion, our Father reveals a different picture of faith. Hebrews 4:10–13 shows us that sometimes faith looks like not doing, but simply resting in the presence of God.

Could it be that we find ourselves outside the will of God because we are doing too much? The world often defines sin as only ugly or immoral acts, but could excessive performing also lead us into disobedience? Jesus warns us in Matthew 7:22, "*On judgment day many will say to me, 'Lord, Lord, didn't we prophesy in your name, cast out demons in your name, and do many miracles in your name?'*" This group closely resembles many of us today. Busy doing things for God, yet unable to slow down to be with Him. Some of us were raised this way like me, some grew into it, and others developed it through trauma or past experiences. Yet Jesus follows this moment by saying, "Depart from me, for I never knew you," and He identifies them as evildoers. Rest, then, is not an escape it is alignment with the will and timing of God. It is the confidence that God is still working even when we stop striving.

In a fast-moving world, rest becomes a bold declaration of faith. Choosing to rest says, “God, I trust You more than my effort.” It declares that our identity is not found in productivity, but in sonship. God’s rest anchors our souls and reorders our priorities back to Him. When we cease striving, we make room for intimacy and obedience. My God shall give me rest, and I will receive what He has already promised.

Prayer: Father, in the name of Jesus, I thank You for Your promise of rest. Right now, I quiet my mind and take my hands off the plow. I repent for doing so much that I neglected simply being with You. Help me to trust You fully and release every burden that was never meant for me to carry. Teach me to rest in Your faithfulness, Your timing, and Your Word. I receive Your rest today by faith, believing that You are at work in every area of my life. I love You, Father, and I thank You. In Jesus’ Name, Amen.

Scripture Readings: Philippians 4:19, Hebrews 4:1-13, Matthew 7:22

Thought Questions:

What’s one habit, commitment, or pattern that produces exhaustion rather than peace? What adjustments can you make regarding this?

Read Hebrews 4:1–13 slowly. What might the Holy Spirit be revealing to you about any areas of unbelief, fear, or control that may be keeping you from experiencing God’s rest?
