



accesschurch

**ACCESS CHURCH 21 DAY PRAYER & FASTING
GUIDE**

As we step into 2025 the Year of Transcendence, we are filled with anticipation for what God has in store. This is a season of rising above limitations, breaking barriers, and stepping into the fullness of God's promises for our lives. To align ourselves with His purpose, we are embarking on a 21-Day Fast for Spiritual Breakthrough—a time of focused prayer, reflection, and surrender to hear clearly from God.

We invite you to join us on this transformative journey. Fasting is more than an act of discipline; it is a sacred opportunity to deepen our connection with the Lord and experience His power and presence in new ways. Together, we will seek God's voice for direction, renewal, and divine revelation for this season of transcendence.

Whether you're seeking personal clarity, spiritual growth, or breakthroughs for your family, church, or community, this fast is a chance to unite in faith and pursue God's heart together.

Let us fix our eyes on Him, expecting miracles and transformation as we draw closer to the One who calls us higher. Will you join us? Let's embark on this journey of faith, trusting that God will meet us and exceed our expectations in this Year of Transcendence.

Details:

- **Duration:** 21 days (January 6th - January 26th)
- **Purpose:** Spiritual breakthrough and alignment with God's will for the Year of Transcendence
- **Daily Devotionals:** Provided to guide and encourage you throughout the fast

We look forward to journeying with you as we press into the presence of God and witness His transcendent power at work.

Let's 'Rise Above' together!

WHAT IS FASTING?

Fasting is a profound spiritual practice that draws us closer to the heart of God and empowers us to experience breakthroughs in specific areas of our lives. It involves voluntarily refraining from food—or certain types of food—for a set period, focusing our attention fully on God. Through fasting, we learn to overcome the pull of our physical desires and grow in spiritual strength and authority over our flesh.

Biblically, fasting specifically refers to abstaining from food. The term itself partly means "to cover the mouth," emphasizing its focus on food rather than activities. While Scripture does encourage abstaining from certain activities for a time to devote

ourselves more fully to God (as seen in 1 Corinthians 7:5), fasting, in its true sense, always involves food.

That said, choosing to temporarily set aside specific activities—such as social media, television, or other distractions—can be a powerful way to deepen your spiritual focus. While these practices are not defined as fasting in Scripture, they can complement a fast and enhance your spiritual experience.

Why not take this opportunity to combine both approaches? As you fast, consider also stepping away from one or more activities that may compete for your attention. Together, these acts of surrender can help you draw nearer to God and position you for the breakthroughs He desires for your life.

TYPES OF FAST

broad types of fasts:

Corporate: This is a call to fasting issued by the Pastor or Leader of a church or community (as seen in 1 Kings 21:9, Ezra 8:21, and Esther 4:16). This type of fast requires the collective agreement and unity of the people, aligning in one accord with the direction given by the Pastor or Leader under the guidance of the Holy Spirit.

Personal: This is a personal fast undertaken by an individual as led by the Holy Spirit. (see Matthew 6:18).

specific types of fasts:

Daniel Fast: No meat, sweet foods, or strong drinks (see Daniel 10:2- 3). This can be done for an extended period of time.

Partial Fast: This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.

Half-Day: This is a Complete Fast until 3 P.M. This is the fast John Wesley practiced. (see Acts 10:30-31)

Complete Fast: This fast requires you to abstain from all solid foods, drink water only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry.” This verse does not mention Jesus being thirsty. (see Luke 4:1-2)

Absolute Fast: This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the

road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

Juice Fast: This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes it is recommended to dilute them with a little bit of water for your stomach.

lengths of fast:

Half-Day (Judges 20:26, Acts 10:30)
One Day (2 Samuel 1:12)
Three Days (Acts 9:9, Esther 4:15-16)
Seven Days (1 Samuel 31:13)
Fourteen Days (Acts 27:33)
Twenty One Days (Daniel 10:3)
Forty Days (1 Kings 19:8, Luke 4:1-2)

The duration of the fast should be determined by three key factors: 1) your health, 2) God's guidance, and 3) the type of fast you are undertaking.

THE DANIEL FAST

The Daniel Fast is inspired by the fasting practices of the Old Testament prophet Daniel. It is a partial fast, where certain foods are consumed while others are restricted. Many people choose to observe this fast for 21 consecutive days.

It is important not to become overly concerned with the specifics of what you should or shouldn't eat. The primary focus of the Daniel Fast is to deny yourself physically in order to seek the Lord in prayer and grow closer to Him. Your fasting experience may look different from someone else's, and that is perfectly acceptable. Some individuals may need to be more restrictive with their food choices to ensure their fast is a personal sacrifice.

(These food guidelines are intended as a helpful framework to assist you in setting boundaries for your fast.)

foods to eat:

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only fruits, vegetables and drink only water.

1. Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, whole wheat pasta, corn tortillas, rice cakes.
2. Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, nuts (No Salt or Sea Salt.)

3. Fruits: apples, apricots, avocados, bananas, berries, blackberries, blue- berries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
4. Vegetables: artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices, unsweetened almond or coconut milk
7. Natural Sweeteners: coconut sugar, stevia etc.
8. Seasonings: natural herbs, spices, sea salt, pink salt etc.

foods to avoid:

Basically you want to avoid the types of food that the King offered to the Jews in captivity and you want to eat what they ate. In essence we are avoiding the things that only royalty could eat in ancient days.

1. Meats: beef, pork, fish, poultry etc.
2. White flour products: Pastas, Bread, cereals, flour tortillas, crackers etc.
3. White rice
4. Fried foods
5. Dairy Products: eggs, cheese, creams, milk, yogurt, mayonnaise etc.
6. Caffeinated Drinks: including diet sodas
7. Wine or any other alcoholic drinks
8. Foods containing preservatives or additives
9. Refined sugar products
10. High fructose corn syrup
11. Chemical sugar substitutes
12. Margarine, shortening, animal fat, high fat products
13. Salad Dressings
14. Iodized salt

step 1: clarify the purpose of your fast

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated, which means that He fuels a desire to fast and pray. He loves it when we fast.

Here are some reasons to fast:

- Health & Healing: Expect healing and miracles for yourself and/or loved ones. (Isaiah 58:8)
- Overcoming/Breaking Poverty: (Joel 1:13; Joel 2:15-32)
- Bondage/Addictions Broken: including substance, alcohol, food and sexual addictions. (Judges 19 and 20)
- Generational Curses Broken: family curses of poverty, divorce, sickness, alcoholism, suicide, idolatry and other demonic attachments broken off you and your children. (Isaiah 58:12)
- Demonic Powers Broken: Jesus said, “This kind can come forth by nothing, but by prayer and fasting” (Mark 9:29).
- Revelation and Wisdom: God will reveal things to come. (Acts 13:14)
- Breakthrough: If You need a breakthrough in your life remember that He is the God of the Breakthrough! (2 Sam. 5:20, 1 Chronicles 14:11)

Determine today why and what you are fasting for!

step 2: specify the kind of fast you will do

Pray about the kind of fast you should do. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would fast. Before you fast, decide the following up front:

- How long you will fast? one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake - discussed in the Types of Fasts section above.
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God’s Word.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life’s pressures tempt you to abandon it.

step 3: prepare your heart, mind, and body for fasting

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. There are several things you can do to prepare your heart.

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1,2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8,11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)

YOU CAN DO THIS!

If you are new to fasting, please keep in mind that it is a spiritual discipline that develops over time. We encourage you to begin with a manageable approach, such as fasting one meal a day or following a Daniel Fast, and gradually build from there. Start by seeking guidance from the Holy Spirit, asking what He would have you fast and for how long, then step forward in faith.

Remember, fasting is a powerful spiritual key of the Kingdom that unlocks blessings, miracles, and breakthroughs in your life. Rather than focusing on what you are abstaining from, keep your heart and mind centered on what you are gaining and accessing through this act of obedience and devotion.

week 1: no regrets

day 1: living life to the fullest

As one year ends and another begins, it's natural to pause and reflect. We think about the challenges we've faced, the growth we've experienced, and the opportunities we've embraced—or perhaps missed. It's tempting to dwell on the “what-ifs,” wondering how things might have been different if we had acted sooner, prepared better, or taken a leap of faith.

But a New Year is a gift—a fresh start, a blank slate filled with possibilities. It's a chance to embrace new opportunities, step into God's plans, and live intentionally. Each of us is given the same 365 days this year, but how we use them will define our story.

In Ephesians 5:15-16, we are reminded, “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.” God challenges us to live with purpose and seize every moment He places before us. This year, let's commit to living with no regrets. Let's approach each day with intentionality, faith, and the determination to make it count for God's glory. As you step into 2025:

Seek God's Direction – Begin each day by asking the Holy Spirit to guide your steps and reveal His will.

Embrace Opportunities – Don't shy away from moments that challenge you or stretch your faith.

Live Fully – Be present in your relationships, work, and spiritual growth. Give your best to the people and purposes God has entrusted to you.

Reflection

Regret is a powerful emotion, but it doesn't have to define you. By choosing now to live with purpose and surrender, you can end 2024 with a heart full of gratitude, not missed opportunities. Let's make this year one where we look back and say, “I gave it my all. I made it count.”

Pray

Lord Jesus, as we step into this New Year, help us to live intentionally and fully for You. Guide our steps, open our eyes to the opportunities You place before us, and give us the courage to act in faith. May we end this year with no regrets, having made the most of every moment You've given us. In Jesus' name, Amen!

Challenge

Determine today to live 2024 with no regrets. Write down one way you want to make it count this year and ask God to help you stay committed to that purpose.

day 2: make it count!

Regret can be a heavy burden—replaying what we’ve missed, wishing we could change the past. But God calls us to live differently, not weighed down by what’s behind but focused on making the most of what’s ahead.

The Apostle Paul, near the end of his life, wrote powerful words to Timothy in 2 Timothy 4:6-8 (NLT):

“As for me, my life has already been poured out as an offering to God. The time of my death is near. I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.”

Paul’s reflection on his life wasn’t filled with regret. Instead, he confidently declared that he had fought, finished, and remained faithful. He poured everything out in service to God, leaving nothing undone. He lived with purpose, seizing every moment and opportunity God gave him.

Paul’s challenge to Timothy is a challenge for us too. The Holy Spirit invites us to live this year with that same intentionality—laying it all on the line, giving our all, and pouring ourselves out for God’s purposes.

Reflection

By December 31, 2025, this year will be over, and we won’t get it back. Let’s decide now to take advantage of every moment, every opportunity, to be who God has called us to be and to do what He has called us to do.

Pray

Lord Jesus, help me to live this year with purpose and intentionality. Give me the strength to fight the good fight, the endurance to finish the race, and the faithfulness to follow Your call. May I pour myself out for Your glory, leaving nothing undone, and live with no regrets. In Jesus’ name, Amen!

Challenge

Commit today to living a life poured out for God. Write down one specific area where you can give more of yourself this year—whether in service, faith, or relationships—and ask God to guide and empower you to make it count.

day 3: determine what truly matters

At the end of his life, Paul reflected on what truly mattered. Writing to Timothy, he shared that his life had been poured out for the things of eternal value—faithfulness to God’s call and investing in others. This stands in stark contrast to the regrets many people carry, rooted in chasing things that ultimately didn’t matter.

We often spend so much of our time pursuing possessions, recognition, and status—houses, cars, clothes, titles. While these things aren’t inherently wrong, they become problematic when we sacrifice what’s truly important in their pursuit.

Jesus reminds us in Matthew 6:33 (NIV):

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

The key is to prioritize the eternal over the temporal, the heavenly over the earthly. The only treasures we take into eternity are the relationships we’ve nurtured and the faith we’ve shared—not the material possessions we accumulate.

As parents, mentors, and believers, our greatest legacy is a legacy of faith. Let’s ensure our children are more familiar with the names of God than the names of luxury brands. Let’s leave an inheritance of eternal value rather than one limited to earthly wealth.

Reflection

Eugene Peterson paraphrases Matthew 6:21 this way in The Message Bible, “The place where your treasure is, is the place you will most want to be, and end up being.” The first step in living a life that counts is determining what truly matters and aligning your heart and resources with those priorities. Invest your time, talent, and treasure in what lasts forever.

Pray

Lord Jesus, help me to see what truly matters and live my life focused on the eternal. Teach me to prioritize Your kingdom and invest my time and resources in ways that honor You and impact others for eternity. In Jesus’ name, Amen!

Challenge

Take a moment to reflect on where you’re investing your time, talents, and treasures. Are they aligned with what is truly valuable? Write down one way you can begin prioritizing the eternal over the temporal this week.

day 4: embracing to change to make it count

The Apostle Paul, nearing the end of his life, declared with confidence:

"I have fought the good fight, I have finished the race, and I have remained faithful." (2 Timothy 4:7, NLT)

Paul's words reflect a life well-lived—one of purpose, faithfulness, and intentionality. But a life like Paul's didn't happen by accident; it was the result of choices made and actions taken along the way.

One truth we often overlook is that where we are today is the result of the decisions we've made in the past. If we desire a different outcome—greater spiritual growth, deeper relationships, or a more impactful ministry—then we must be willing to do things differently.

Albert Einstein famously said, "The definition of insanity is doing the same thing over and over again and expecting different results." If we want to make it count, we must embrace change. That means stepping out of our comfort zones, investing in new areas, and being open to God's leading, even when it challenges us.

Reflection

God often calls us to new ways of thinking and acting so that we can experience His best. As Paul poured out his life as an offering to God, he trusted in the reward awaiting him—not just for himself, but for all who would follow Jesus with eagerness and faith.

Pray

Lord, help me to embrace the changes You are calling me to make. Give me the courage to step out in faith, the wisdom to recognize areas that need growth, and the strength to follow through. May my life be poured out as an offering to You, and may I finish my race well. In Jesus' name, Amen!

Challenge

Ask yourself: What habits, mindsets, or actions do I need to change to align with God's purpose for my life? Be open to doing things differently, trusting that the changes you make today will bear fruit tomorrow.

day 5: a new day equals new opportunities

Lamentations 3:23 reminds us of an incredible truth:

"Great is his faithfulness; his mercies begin afresh each morning." (NLT)

Every morning, God offers us a fresh start—a clean slate. His mercies, goodness, and faithfulness are renewed daily, no matter where we’ve been, what we’ve done, or how far we’ve strayed. He is unchanging in His love and commitment to us.

As you step into each new day, recognize it as a gift—a new opportunity to embrace what God has for you. Too often, we fall into the trap of “someday” thinking: Someday I’ll get healthier. Someday I’ll prioritize my family. Someday I’ll step into the calling God has placed on my life.

But God’s mercies are here today. That “someday” you’ve been waiting for is right now. Today is the day to maximize the moment and step into obedience. Whether it’s deepening your relationship with Him, starting a new venture, or making meaningful changes in your life, God is with you every step of the way.

Reflection

You don’t need to wait for a perfect moment—this moment is enough. His mercies are new, and His faithfulness will sustain you as you say “yes” to Him today.

Pray

Lord, thank You for Your new mercies that greet me each morning. Help me to see each day as a fresh opportunity to walk in Your will, grow in my faith, and step into the plans You have for me. Give me the courage to turn “someday” into today and to maximize the opportunities You place before me. In Jesus’ name, Amen

Challenge

What has God been nudging you to start or pursue? Don’t wait for “someday.” Take one step today—whether it’s praying, planning, or acting—to move forward in faith.

day 6: maximize the moment

As we step into this new year, I sense the Holy Spirit challenging us to live our lives to the fullest—to take full advantage of every moment and opportunity in 2025. Whether it’s in our personal lives, our families, or our ministries, we are called to maximize the moments before us.

I’m reminded of Paul’s words to Timothy in 2 Timothy 4:7 (NLT):

“I have fought the good fight, I have finished the race, and I have remained faithful.”

In this moment, Paul reflects on his life. He acknowledges that the race is nearing its end, and the opportunities to serve, to live fully, and to honor God are coming to a close. Paul says, “My life has been poured out.” He gave everything he had, every bit of his energy, his time, his focus, to God’s call on his life. And he did so without regret.

The race wasn't easy. Paul faced battles and challenges, yet he kept pushing forward. He didn't give up or quit. Through everything, he remained faithful. And now, looking back, he can say, "I maximized every moment."

Reflection

This is the challenge for us in 2025: to live our lives in a way that, when we look back, we have no regrets. To pour ourselves out for the things that matter, to fight the good fight and finish our race, not in a hurry, but with endurance and faithfulness. We are given 365 days, 52 weeks, 8,784 hours, and 527,040 minutes in this year. Let's make every single one count.

Pray

Lord, thank You for this new year and the opportunities ahead. Help me to maximize every moment—to live fully, to serve You with all my heart, and to take advantage of every opportunity You place before me. May I finish this year with no regrets, knowing that I have lived my life to the fullest for Your glory. In Jesus' name, Amen

Challenge

What is one area in your life where you can begin to maximize the moments in 2025? Take a step today to make the most of the time you've been given, whether in your family, your work, or your relationship with God.

day 7: minimize the moment

One of the enemy's greatest strategies to keep us stuck and stagnant is to magnify the moment—making problems, tasks, and obstacles appear bigger than they truly are. He'll highlight every challenge and try to make it seem impossible to overcome, creating a false sense of hopelessness. His goal is simple: to get us to quit before we even start.

But remember, the only way the enemy can defeat you is if you quit. The only way he can prevent God's purpose for your life is if you don't take the first step. The enemy is a master at making mountains out of molehills, turning temporary struggles into seemingly insurmountable barriers.

In John 10:10 (NLT), Jesus contrasts the thief's mission with His own:

"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life."

The enemy isn't after your possessions—he's after your peace. He tries to steal your peace by exaggerating your problems and magnifying your struggles. When you focus solely on the challenge, you risk turning a moment into a monument.

Think back to a time when something that seemed like the end of the world was later just a passing moment. Maybe it was a painful breakup, a lost job, or a difficult season. At the time, it felt monumental, but with time, you realized it wasn't as significant as you once thought.

Reflection

This is what the enemy wants: for your challenges to become monuments in your life, things you constantly look back to, things that define you. But God has a different plan. Your past mistakes, failures, or problems do not define you—your God-given destiny does.

Pray

Lord Jesus, thank You for reminding me that You are bigger than every obstacle I face. Help me to minimize the moments that the enemy tries to magnify. Give me the strength to keep moving forward, knowing that You have a greater purpose for my life. I will not let my challenges define me, but I will let Your promises guide me. In Jesus' name, Amen!

Challenge

Is there a challenge in your life that you've been magnifying? Take a moment to reflect and remind yourself that it is only a moment—not a monument. Trust God to lead you through it and focus on the bigger picture He has for your life.

week 2: reel faith

day 8: reel talk

In our series on Reel Faith, we were reminded that our faith must be on display for others to see. Just like a social media reel—a short video that captures a quick snapshot of someone's life—our lives should reflect a clear, authentic picture of our faith in Jesus.

The book of James offers us practical wisdom for living out our faith in a way that influences others. James, the half-brother of Jesus, could have started his letter with an impressive title like “James, the brother of Jesus,” but instead, he humbly refers to himself as a servant of God and the Lord Jesus Christ (James 1:1). Even though he was a key leader in the early church, James recognized that leadership in God's kingdom is not about position or power—it's about serving others.

James' humility teaches us that real discipleship is rooted in a deep commitment to Christ. He uses the term bondservant—a servant who is devoted to their master with no option to leave. This illustrates the kind of commitment we are called to as followers of Jesus. No matter the challenges we face, we are to remain steadfast in our faith, serving Jesus with our whole hearts.

In Matthew 16:24-25, Jesus teaches that true discipleship comes with sacrifice: "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it."

Reflection

This is the essence of Reel Faith—displaying our commitment to Jesus in every area of our lives. When we commit ourselves fully to Him, our faith becomes a powerful influence in the world around us.

Pray

Father, help me to live out my faith with authenticity, humility, and unwavering commitment. May my life be a clear reflection of Your love and grace, influencing others to follow You. In Jesus' name, Amen!

Challenge

Ask yourself: What does my “reel” look like? How can I make my faith more visible to those around me? Let's be intentional about living out our Reel Faith for the glory of God.

day 9: keep it reel

As we continue our series on Reel Faith, we explore how to navigate the temptations we face as believers. In today's message, James challenges us to "Keep It Reel!" – to remain genuine and rooted in our faith, even in the face of temptations that seek to derail us.

James makes a critical distinction between trials and temptations. Trials are external pressures and hardships, meant to test and refine our faith. Temptations, on the other hand, are internal lures that lead us toward sin. In verse 13, James clearly states that God does not tempt us to sin. Temptation comes from our own desires, which, when given room, give birth to sin and ultimately lead to death (James 1:14-15). The key difference between enduring trials and overcoming temptations is that trials test our faith, while temptations seek to weaken and destroy it.

When faced with temptation, it's easy to point fingers – at God, at our circumstances, or even at others. But James warns us not to blame God. Instead, we must recognize that our own desires and the enemy's deceptions are the true sources of temptation. It's important to acknowledge that God is the source of all good things. Every good gift, every perfect blessing, comes from Him (James 1:17-18).

How do we respond to temptations? We overcome them, just as Jesus did. Temptation often comes in the form of enticing desires, making us believe that sin will satisfy our deepest needs. However, the truth is that sin only leads to emptiness and death. As we learn to resist the lure of temptation, we strip it of its power. This is the essence of overcoming – not just enduring, but neutralizing the pull of sinful desires.

Just as I once made the decision to stop drinking cokes – enduring the temptation in the beginning, but eventually overcoming it – so too must we recognize that overcoming temptation is a process. At first, it may feel difficult, but with God's help, we grow stronger, and the temptation loses its appeal.

Remember, it is not sin to be tempted, but to give in to temptation. Jesus was tempted in every way, yet remained sinless (Hebrews 4:15). We too can overcome by relying on God's strength and resisting the enemy's lies. As we mature in our faith, we must be mindful of the subtle ways temptation creeps in, seeking to divert our focus from God's goodness.

Reflection

Are there areas of your life where you are enduring temptation rather than overcoming it? Take a moment to pray and ask God for strength to resist, remembering that He is the source of all good and perfect gifts.

Pray

Lord Jesus, help me to keep it real in my walk with You. When trials and temptations come, may I respond with endurance and victory. Remind me that You are the source of all good things, and that by Your grace, I can overcome every temptation. Strengthen my faith and lead me in paths of righteousness. In Jesus' name, Amen!

Challenge

Identify one area of temptation in your life where you've been merely enduring instead of overcoming. Make a conscious decision to replace that temptation with something good from God, whether through prayer, scripture, or an act of obedience. Set a goal to overcome that temptation by the end of the week, and share your journey with someone who can hold you accountable.

day 10: reel-ality check

James 1:19-20

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” (NLT)

In his letter, James provides a "Reel-ality Check" for believers, urging us to reflect on how we react to the challenges of life. As early followers of Jesus, the believers James addressed struggled with what it truly meant to live out their faith. They were familiar with religious rituals but unfamiliar with the transformative nature of following Jesus. James lays out a path toward spiritual maturity, and today we're invited to examine three key traits of a mature believer.

1. Quick to Listen

Our world is filled with noise, and far too often, we are quick to react instead of listening. Social media only amplifies this tendency, where people are quick to speak but slow to understand. Proverbs 18:13 says, "Spouting off before listening to the facts is both shameful and foolish." When we listen, we gain understanding, and when we speak without listening, we miss the opportunity to grow.

2. Slow to Speak

The power of words cannot be underestimated. James compares the tongue to a tiny spark that can set a whole forest on fire (James 3:5-6). Proverbs reminds us that too much talking leads to sin (Proverbs 10:19), and when we fail to control our tongues, we cause harm. We are called to use our words to build up, not tear down (Ephesians 4:29). A mature believer knows that choosing silence or measured words often leads to peace and understanding.

3. Slow to Get Angry

Anger is a powerful emotion, but James warns us that "human anger does not produce the righteousness God desires" (James 1:20). While righteous anger can be productive, our anger often stems from selfishness and pride. Proverbs 14:29 teaches that "people with understanding control their anger," and when we allow anger to fester, it gives the devil a foothold (Ephesians 4:26-27). A mature believer knows how to manage anger in a way that honors God and preserves relationships.

Reflection

Are you quick to listen, slow to speak, and slow to anger? These are not just helpful tips for living a better life; they are marks of maturity in Christ. In a world where reacting is often seen as a sign of strength, James challenges us to choose patience and wisdom.

Pray

Lord Jesus, help me to grow in maturity as a follower of You. Teach me to listen with understanding, speak with wisdom, and control my anger with grace. May my reactions reflect Your righteousness and bring glory to Your name. In Jesus' name, Amen!

Challenge

This week focus on one of these areas where you need growth. Take time to listen more carefully, speak less hastily, or manage your anger more thoughtfully. Let your reactions reflect the maturity of a believer who walks in the way of Jesus. Share your journey with someone who can hold you accountable.

day 11: reel joy

James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James writes to the early Jewish believers scattered across the nations, offering practical guidance for living out their faith. Christianity, at this time, was new, and these believers were still figuring out what it looked like to follow Jesus. Many were facing trials, rejection, and hardships, not just because of their faith, but because they were still learning what it meant to live as followers of Christ.

One key point James emphasizes is the paradox of Reel Joy vs Real Joy. In the world we live in, joy is often associated with comfort and success. But James flips the script—true joy isn't found in circumstances, but in the strength God builds in us through trials.

Real Joy in Trials:

James begins with a bold statement: "Consider it pure joy whenever you face trials of many kinds." For the Jewish believers, trials were often seen as punishments from God, not opportunities for joy. Yet, James teaches a paradigm shift—joy in the midst of trouble.

Why? Because trials are not a sign of God's displeasure but rather a tool God uses to build perseverance. Perseverance, in turn, matures our faith, making us complete and lacking nothing.

Consider this: When you're in a trial, it may be tempting to focus on the difficulty. But James reminds us that trials are tests designed for our growth. This is a critical shift in

perspective. It's not about the pain we endure but about what God is producing in us through it.

Perspective:

James uses the word "whenever," not "if." Troubles are inevitable; they will come. Jesus Himself assured us of this in John 16:33: "In this world, you will have trouble. But take heart! I have overcome the world."

James' instruction is not just about enduring trials, but about considering them joy. This is real joy—a joy rooted in God's promises, in the work He is doing within us, and in the hope we have in Him.

The Fruit of Trials:

The process James describes leads to maturity, perseverance, and completeness. In 1 Peter 1:7, we are told that our faith, tested by fire, is of greater worth than gold. Trials purify and strengthen us, just as gold is refined in a furnace.

James also speaks to the direction God gives us through trials. Sometimes difficulties come not because of our disobedience, but because God is redirecting us to a new path or purpose. God used trials to direct Paul to places he never intended to go, and He does the same for us today.

Reflection

Real Joy shows a highlight, a brief moment of happiness, but Real Joy endures. It's not fleeting; it's built through perseverance, as we trust in God's greater plan. When we face trials, let us not focus on the problem or process, but on the promise that God is at work in us, perfecting our faith and bringing us closer to the full life He has for us. Real Joy stands the test of time, rooted not in the momentary, but in the unshakable promises of God.

Pray

Father God, Thank You for using trials to strengthen our faith. Help us shift our perspective and find joy in the process, knowing that You are with us and working in us. Give us the perseverance to endure and the trust that Your purpose will be revealed. In Jesus' name, Amen!

Challenge

This week, I challenge you to shift your perspective when facing difficulties. Instead of seeing your trials as obstacles, choose to view them as opportunities for growth. Each time you face a challenge, remind yourself that it is through perseverance in these moments that your faith is being strengthened. Ask God to help you find joy, not in the problem itself, but in the way He is working in and through you. Make a conscious effort to thank God for the perseverance He is developing in you, and trust that His purpose will be revealed in His perfect timing.

day 12: unwavering

James 1:5-8

5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

James, in his letter to early Christian believers, offers practical principles for living out our faith, particularly during times of difficulty. He begins by addressing how we should face trials. He encourages us to "consider it pure joy" when facing various challenges (James 1:2), which seems counterintuitive. But James isn't suggesting that we enjoy hardship itself. Instead, he teaches that trials are an opportunity for our faith to be tested, which produces perseverance (James 1:3). This perseverance helps us grow spiritually and become mature followers of Christ.

In the midst of trials, James also reminds us that we can ask God for wisdom (James 1:5). God generously gives wisdom to those who seek it with a heart of faith. This wisdom is key to navigating the challenges we face, helping us know when to endure and when to act in faith. But James warns against doubting God, as doubt leads to instability, much like a wave tossed by the wind (James 1:6-8).

Reflection

To have unwavering faith, we must remain close to God and trust His wisdom and guidance.

Pray

Lord Jesus, thank You for being a source of wisdom in our trials. Help me trust You fully and seek Your guidance. Give me the strength to endure with unwavering faith. In Jesus' name, Amen!

Challenge

When facing challenges, don't run from God. Instead, run to Him for wisdom and strength. Ask Him to help you persevere with a joyful heart and unwavering faith.

day 13: reel riches

James 1:9-12

9 Believers in humble circumstances ought to take pride in their high position. 10 But the rich should take pride in their humiliation—since they will pass away like a wild

flower. 11 For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business.

12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

James writes to new believers, encouraging them to live out their faith in tangible ways, showing that real faith in God is not just a Sunday ritual but a daily commitment. The Jewish people were familiar with religious rituals, but James challenges them to understand that true devotion to God transcends religious duties. Faith should be seen in every aspect of life, whether at work, home, or in daily interactions.

James teaches that when we place our faith in things of this world—whether wealth, status, or possessions—we are building on unstable ground. True faith, he says, is anchored in eternal things. While earthly treasures fade away, the reward for enduring trials with faith is a crown of life (James 1:9-12). These "reel riches" are the eternal rewards and spiritual growth we gain by seeking God's will rather than chasing fleeting material wealth.

Reflection

What would change in your daily life if you truly viewed every trial and every possession through the lens of eternal value? Take a moment to evaluate your priorities and ask God for wisdom in shifting your focus from earthly wealth to heavenly rewards.

Pray

Lord Jesus, help me focus on the eternal treasures You offer. Teach me to live for You in all things, and give me the strength to endure with faith, knowing that true riches are found in Your kingdom. In Jesus' name, Amen!

Challenge

Reflect on where your treasures lie—are you investing in the temporary things of this world, or are you building up treasures in heaven? Let your faith be shown through your actions, especially when it comes to the way you handle trials and possessions.

day 14: tik talk

James 2:14-17

14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? 15 Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, "Go in peace; keep warm and well fed,"

but does nothing about their physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead. (NIV)

We've all heard the saying "actions speak louder than words." This concept lies at the heart of the passage we're studying today: James 2:14-17. James, writing to new Jewish believers, emphasizes that true faith is not about merely professing belief—it must be demonstrated through our actions. These new followers of Jesus, coming from a culture deeply rooted in a works-based faith, had to learn that salvation isn't about fulfilling rituals, but about a relationship with Jesus Christ.

James clarifies that faith alone, without works, is incomplete. He challenges us with the question: "What good is it if you claim to have faith, but it doesn't produce action?" (James 2:14). It's like seeing someone in need, offering a kind word but doing nothing to help—what good does that do? In the same way, if our faith doesn't move us to act, it's lifeless.

Faith and works go hand in hand. We're not saved by works, but the works we do show the world that our faith is alive. As James says, "faith by itself, if it is not accompanied by action, is dead" (James 2:17). The way we care for others, especially those in need, is an outpouring of our faith. Faith in action is real faith.

As we reflect on this truth, let's ask ourselves: Do my actions reflect my faith? Am I more about talking the talk than walking the walk? True faith isn't just about what we believe—it's about what we do because of what we believe.

Reflection

Consider the last time you saw someone in need. Did you offer help, or did you just speak kind words? Reflect on how you can actively live out your faith in your daily interactions and make a difference in someone's life.

Pray

Lord Jesus, help me live out my faith in tangible ways. Let my actions speak louder than my words. Teach me to love and serve those around me, showing the world that my faith in You is alive and active. In Jesus' name, Amen!

Challenge

This week, identify one person in need—a friend, a neighbor, or even someone you don't know well. Instead of just offering words of encouragement, take action. Whether it's providing food, offering a ride, or simply helping with a task, show your faith through your actions. Let your faith in Jesus be evident in how you serve others.

week 3: RE:

day 15: re:newed

Romans 12:2

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

The world constantly pressures us to conform to its ways, to think and act according to its standards. But Paul calls us to resist this pressure and be transformed through the renewing of our minds. The word "renewed" in Greek means a complete change for the better, where our old ways are replaced by the new life God offers us.

Living in the World, but Not of the World

As believers, we are called to stand apart from the world. Jesus warned us that the world would oppose us, and we would face rejection for following Him (John 15:18-19). Yet, our identity is found in Christ, not in the approval of the world. We must be bold in standing for truth, even when it's costly.

The Call to Stand for Truth

In a world where good is called evil and evil is called good (Isaiah 5:20), we cannot remain neutral. As followers of Christ, we must rise up and be agents of truth, even when it means standing alone. We are called to be "Rebuilders of Walls" and "Restorers of Homes" (Isaiah 58:12), preserving the goodness of God's Kingdom.

Worship in Spirit and Truth

True worship is not only about emotions; it is about aligning ourselves with God's truth. Jesus said true worshipers worship in spirit and in truth (John 4:23-24). As we renew our minds with God's Word, we reflect His image more clearly, becoming ambassadors of His Kingdom in a dark world.

A Call to Transformation

God calls us to be transformed by the renewing of our minds, to reflect His truth and love in everything we do. Let's allow Him to shape us into the image of His Son and be agents of change in a world that needs it.

Reflection

Take a moment to reflect on areas where you've allowed the world's patterns to influence you. Ask God to renew your mind and help you align with His truth.

Pray

Father God, Thank You for the gift of life through Jesus. I choose today to follow Your path, leaving behind the patterns of this world. Transform my heart and mind, renewing me with Your truth. Heal my past and rewrite my story, turning pain into purpose. I surrender my life to You, trusting in Your grace to make all things new. In Jesus' name, Amen!

Challenge

Reflect on areas of your life where you have been following the pattern of the world. Ask God to reveal where you need transformation and choose today to follow His path of life. Let Him rewrite your story, from brokenness to healing, from death to life.

day 16: re:wired

Romans 12:2 is a powerful reminder that God's plan for us is not just about salvation, but transformation.

The Power of Transformation

Jesus came not just to give us eternal life, but a rich and satisfying life here on earth (John 10:10). The Greek word *perissos* means more than survival—it means abundance, exceeding, and extraordinary. Jesus wants us to thrive, not just survive, in every area of life: emotionally, mentally, physically, relationally, and spiritually.

But how does this transformation happen? It begins with our minds. As Paul writes, our transformation starts when our minds are renewed. We need to be RE:Wired—our thoughts shape our lives.

Your Life Follows Your Thoughts

Proverbs 23:7 says, "As a man thinks in his heart, so is he." Your life follows the direction of your thoughts. This is why the enemy's first attack is against our minds, planting thoughts of doubt, inadequacy, and fear. Am I good enough? Do I have what it takes? These self-defeating thoughts can hold us captive.

But God has given us the power to take every thought captive (2 Corinthians 10:5). Paul teaches us that we can demolish these lies and make our thoughts obedient to Christ. Whenever a thought contradicts God's truth, we need to capture it and replace it with what aligns with God's will.

How to RE:Wire Your Mind

Paul gives us a key in Philippians 4:8: "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable." The Message paraphrases

this beautifully: “The best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.”

To RE:Wire your mind, think about the truth. Worship pacifies our problems, but truth transforms our lives. Jesus said, “You will know the truth, and the truth will set you free” (John 8:32).

If we fill our minds with truth, honor, purity, and praise, there will be no room for lies and negativity. Let’s choose to fill our minds with what is good—because our thoughts determine our actions, and our actions shape our lives.

Reflection

Transform Your Thoughts, Transform Your Life. Your thoughts directly influence how you see yourself and how you behave. You will always act in a way that aligns with how you see yourself. If you see yourself as defeated, that’s how you’ll live. But if you see yourself as a child of God, chosen, loved, and equipped for victory, that’s how you’ll live.

Pray

Lord Jesus, help me to rewire my mind with Your truth. I want to be transformed by the renewing of my mind, so that I can walk in Your good, pleasing, and perfect will. In Jesus’ name, Amen!

Challenge

This week, pay attention to your thoughts. When negative or untrue thoughts arise, take them captive. Replace them with God’s truth. Meditate on what is true, honorable, and pure, and watch how your life begins to transform.

day 17: re:created

Romans 12:2

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

From the beginning, God has been transforming what was broken into something beautiful. In Genesis 1, the earth was chaotic and formless, but with His powerful word, God began to recreate it into a masterpiece. His word, then and now, has the power to transform.

God’s Word Transforms

Hebrews 1:3 tells us that Jesus sustains all things by His powerful word. God transformed Jacob from a deceiver to Israel, and Gideon from a coward to a warrior.

God can transform you too. An encounter with God isn't just a temporary experience—it changes your very identity. When God speaks into your life, He redefines who you are and what you are capable of.

Metamorphosis: A Radical Change

The word transformed in Romans 12:2 is metamorphoo, meaning to change into another form, like a caterpillar into a butterfly. This transformation happens from the inside out. Just as the butterfly is already in the caterpillar, God's purpose is already within you, waiting to emerge.

God Sees Potential

The biblical heroes weren't perfect, but God saw their potential. He didn't define them by their mistakes or labels but by their purpose. God isn't looking for perfection—He's looking for openness to transformation. He loves you and desires to see you become all He created you to be.

Changing Your Perspective

We must change the way we see God. Some view Him as a punisher, but Jesus has already paid the price for your failures. The cross, once a symbol of shame, is now a symbol of grace, peace, and transformation. Just as Jesus transformed the cross, He can transform your life.

Reflection

God wants to transform you, inside and out. He has placed great potential within you—strength, courage, and purpose. Just as He spoke creation into existence, He is speaking new life into you. His word is powerful, and His love is unending. Allow Him to transform you into the person He created you to be.

Pray

Lord Jesus, thank You for Your transforming power. Help me embrace Your identity for my life and walk in the fullness of Your love and purpose. In Jesus' name, Amen!

Challenge

This week, reflect on an area in your life where you need transformation—whether in your thinking, relationships, career, or health. Write it down, ask God to reveal His purpose, and take one step of faith toward change. Whether it's changing your mindset, forgiving someone, or stepping out of your comfort zone, embrace the process, knowing God is shaping you into who He created you to be.

day 18: re:wind

God desires transformation in every area of our lives, so that we reflect His glory in all we do. As believers, we are called not to conform to the patterns of this world, but to live by the pattern of heaven. In Romans 12:2, Paul urges us: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (NIV) This transformation leads to discovering God's good, pleasing, and perfect will.

The world's patterns can be alluring, promising fun and excitement, but they are fleeting. The temporary pleasures of the world leave us empty, broken, and seeking the next thrill. It's a slow death—one that strips away life, purpose, and fulfillment. On the other hand, God's pattern leads to life, not death.

Romans 6:23 says, "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." Sin may appear enticing, but it brings spiritual death, causing separation from God. Yet, God offers a better way—life through His Son.

Choose Life

God gives us a choice: life or death, blessings or curses. In Deuteronomy 30:15-16, we are called to love the Lord and keep His commands. This is how we choose life. When we walk according to God's word, we are walking in life and purpose. But when we follow the world's path, we choose death.

It's never too late to choose life. Deuteronomy 30:19-20 gives us the opportunity to make that choice today. By loving and obeying God, we unlock the fullness of life that He has for us. This is not about religion—it's about relationship. We serve and follow God not out of obligation, but out of love for the One who first loved us.

The Rewind

Choosing life through Jesus brings transformation—not just for our future, but for our past. When we surrender our lives to Him, He doesn't simply forgive our sins; He makes all things new. 2 Corinthians 5:17 tells us, "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" (NIV) Jesus rewrites our story, transforming our pain, past, and failures into something beautiful. The gospel doesn't just erase our mistakes—it empowers us to live differently, overcoming our struggles and turning tests into testimonies.

Reflection

Today, choose life. Surrender your heart to Jesus, allowing Him to transform every area of your life. Don't just cope with your past—overcome it. Let God turn your history into His story. He is the Great Rewind, making all things new in you.

Pray

Father, thank You for the gift of life through Jesus. I choose today to follow Your path, leaving behind the patterns of this world. Transform my heart and mind, renewing me with Your truth. Heal my past and rewrite my story, turning pain into purpose. I surrender my life to You, trusting in Your grace to make all things new. In Jesus' name, Amen!

Challenge

Reflect on areas of your life where you have been following the pattern of the world. Ask God to reveal where you need transformation and choose today to follow His path of life. Let Him rewrite your story, from brokenness to healing, from death to life.

day 19: re:do

In life, we all encounter moments of failure, disappointment, and regret. Our past mistakes often weigh us down, making it hard to move forward and embrace the future God has prepared for us. But the good news is that God offers us something extraordinary: transformation. He doesn't leave us trapped in our mistakes; He promises to make all things new.

The word "transformation" in Romans 12:2 is 'metamorphoo,' which means to change into a new form, to restore something to its optimal condition. When we allow God to transform us, He makes us new—He changes the way we think, the way we live, and even the way we see ourselves. God is in the business of making all things new, and this renewal begins in our hearts and minds.

The God of Second Chances

No matter how far we've fallen, God is a God of second chances—and even third, fourth, or fifth chances! We may feel as though our mistakes have disqualified us from God's love and plan for our lives, but His mercy never runs out. As Lamentations 3:22-23 says, "The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning."

You may feel like you've messed up so badly that there's no way out, but let me remind you today: God is the God of redo. He's ready to give you a fresh start. Just as Jesus makes all things new, He wants to rewrite your story. The apostle Paul reminds us in Philippians 3:13, "Forgetting the past and looking forward to what lies ahead." The enemy wants to keep you stuck in your past, accusing you of your mistakes, but God calls you to press forward, trusting that He has better plans ahead.

Getting Back Up

Failure is not the end—it's an opportunity to rise again. Proverbs 24:16 says, "The godly may trip seven times, but they will get up again." Even when we fall, God's grace

empowers us to get back up and keep moving forward. The key is perseverance. The only way to lose is to stay down, but as long as we get back up, we are still in the race. Each time you fall, remember that you can rise again by God's strength and grace.

The Redo of Biblical Figures

Throughout the Bible, God gave many people the opportunity for a redo. Abraham, Moses, David, Peter, and even Paul all experienced setbacks and failures, but God redeemed them and used them for great purposes. They are examples of what happens when we choose to get back up, forget the past, and press forward. Your story is not over. Your redo is waiting.

Reflection

Embrace the Redo. Today, if you feel as though your past is too broken or your mistakes are too great, take heart. God is offering you a redo. It's not too late. The transformation God promises isn't just about changing your circumstances—it's about renewing your heart, mind, and soul. With God, all things are possible, and He is making all things new.

Pray

Lord Jesus, Thank You for Your grace and mercy. I lay my past before You and choose to move forward. I trust You to renew and restore me. Help me rise again and embrace the transformation You have for me. In Jesus' name, Amen!

Challenge

This week, reflect on an area of your life where you feel stuck by past mistakes. Identify one step you can take to embrace God's renewal—whether it's forgiving yourself, letting go of regret, or taking action. Trust that God is making you new, and step boldly into the life He has for you.

day 20: re:play

God's hand of transformation touches every area of our lives, turning chaos into order, disorder into beauty. From the breathtaking mountains to the serene beaches, He makes all things better than before. Just as He shaped the world in a process—each step improving and transforming—it's the same with our lives.

But transformation is not always immediate. It happens in the "meantime"—the space between where you were and where you're headed. It can be tough. Setbacks, frustrations, and disappointments make us feel stuck, questioning if progress is even happening. You may be thriving in one area but struggling in another. But remember, this process is necessary for your growth. Even when you feel like giving up, remember: God hasn't failed you yet, and He won't start now.

The Apostle Paul encouraged Timothy during a time of severe trial, reminding him of God's faithfulness throughout his family's history. Paul told him, "Fan into flames the spiritual gift God gave you." It's like hitting the RE:Play button on your life—recalling God's past victories, breakthroughs, and promises.

Reflection

When facing difficulty, don't just focus on the present crisis. Reflect on God's faithfulness in your past. Replay those moments when God healed, provided, and delivered you. He hasn't changed, and He will do it again. His faithfulness remains true through every season.

Pray

Father, thank You for Your constant faithfulness. Help me to remember Your past victories in my life and trust that You will continue to be faithful in the future. When I face trials, remind me to replay Your goodness and power. Strengthen my faith as I walk through the process of transformation. In Jesus' name, Amen!

Challenge

This week, reflect on an area of your life where you feel stuck by past mistakes. Identify one step you can take to embrace God's renewal—whether it's forgiving yourself, letting go of regret, or taking action. Trust that God is making you new, and step boldly into the life He has for you.

day 21: re:present

When God transforms your life, it's not just for you—it's for others. A life transformed by Christ becomes a beacon of His power, showing the world what is possible when God steps in. Your transformation is not just about your own journey to abundance, it's about God using you to impact others. You are now a walking testament to His grace and power.

As believers, we are called to represent Jesus. Every day, we have the opportunity to reflect Him in our actions, attitudes, and words. While we aren't perfect yet, every day is an opportunity to be more like Him. The greatest compliment a true disciple could receive is when someone notices the change in them and says, "You're different. You used to be like this, but now you're like that!" And you can say, "That's right—I'm not who I used to be, because of the transforming power of Jesus."

Living Stones

In 1 Peter 2:4-5, we are told that we are living stones, being built into a spiritual house. Jesus is the Living Stone and the Cornerstone, and our lives must align with Him. Just

as stones fit together to form the foundation of a building, we too are meant to fit together in God's house, the Church. We aren't meant to live in isolation. God is building us into a community, a family, a spiritual house.

We are part of God's great plan, and transformation happens within the context of this community. As Proverbs 27:17 reminds us, "As iron sharpens iron, so one person sharpens another." Sometimes, God works in us through others, and sometimes, He works in others through us.

The Power of Atmosphere

God understands the power of atmosphere. Just as a stone is carefully placed in a building, God places us in environments that nurture transformation. The Church, the body of believers, is a space where this transformation happens. When we come together, our stories, worship, and testimonies create an atmosphere conducive to God's work.

The enemy, however, knows the power of atmosphere too. He tries to pull us out of the environments that encourage growth and transformation. Like the prodigal son in Luke 15, we may feel tempted to leave our spiritual family and look for something "better." But it's in the atmosphere of God's presence that we change and grow. Just as a bottle of water placed in the freezer turns into ice, when we stay in God's presence, we are transformed. And once transformed, we can be used to change the world around us.

Reflection

Once God has transformed us, we have the privilege and responsibility to represent Him to others. We become agents of change, bringing the atmosphere of God's presence wherever we go. Your transformation has the power to impact your family, your workplace, and your community. As you stay in the atmosphere of His presence, He equips you to be a source of transformation to others.

Pray

Father, thank You for the transformation You are working in my life. Help me to stay connected to You, in Your presence, and in the community You've placed me in. I want to reflect Your love and grace to those around me. Use my life to show others the power of Your transformation, and may I always represent You well. In Jesus' name, Amen!

Challenge

This week, think about an area of your life where you've experienced transformation through God. Reflect on how staying connected to His presence has changed you. Now, look for an opportunity to represent that transformation to someone else. Share your story and let them see the power of God at work in you.

congratulations!

Congratulations on completing 21 days of prayer and fasting! God is always faithful when we intentionally dedicate time to seek Him and focus on His Word. Even when our faith wavers, God remains constant and true to His promises.

As you reflect on these past three weeks, take a moment to remember the specific prayers you lifted up. Have you noticed any changes in your heart or circumstances? Take time to thank God for those shifts. Let this be an encouragement to continue praying, as our prayers are not just about the visible outcomes but about the character of God—who is always good and worthy of our trust with our prayers, fears, desires, and struggles.

At Access Church, we have prayed alongside you, and we invite you to share with us how God has moved in your life during this time of fasting. We would love to celebrate with you and rejoice in the work He has done.

We are confident that this year, YOU will TRANSCEND! This is the year you will overcome every limit, obstacle, and force of opposition to fully experience God's plans and purposes for your life. Prepare to rise in 2025!