

CENTER

21 Days of Prayer

DEVOTIONAL GUIDE

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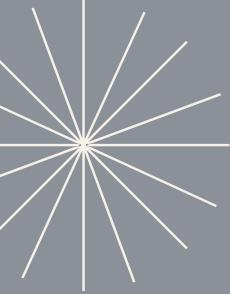


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INTRODUCTION

As we begin our year with prayer and fasting, we are choosing to make God the center of our lives.

We are intentionally beginning the year by seeking His kingdom above all else and making Him our primary focus. During the Christmas season, we took time to "Behold" Jesus as Immanuel ("God with us"), as the Lamb who takes away the sin of the world, as the victorious King, and as the Light of the World who dispels darkness (if you missed them, all of these messages are available on YouTube or the "Believers Chapel" page of RightNow Media).

During the next 21 days, we are choosing to continue to "Behold" Him by fixing our eyes on Him above all else. Each day we have a scripture verse that encourages us to make God the center of everything.

To get the most out of this time, read the verse in the morning and continue to reflect on it throughout your day. Come back to it at the end of the day and ask God to reveal Himself to you through this verse and your time of reflection.

Be sure to get your free copy of *Total Stewardship* to support your time of fasting, and consider joining a small group to go through "The Prayer Practice" together on RightNow Media. Set up your RightNow Media account if you haven't already. Don't hesitate to reach out to us with prayer requests or praise reports (info@believerschapel.org). We are looking forward to all God will do in our lives this year!

IMPORTANT NOTES

1. Fasting is a normal part of the Christian life. In Matthew chapter 6, Jesus talks about “practicing righteousness,” and then goes on to describe how we should pray, give, and fast. In each instance, he says “when,” not “if.” These are three things Jesus expects his disciples to do as we “practice” walking in righteousness.
2. Fasting means abstaining from food. However, that does not mean that we must abstain from all food for 21 days. A “normal fast” means that we can drink water, 100% juice, and herbal teas. A “water fast” is water only for the duration of the fast. A “Daniel fast” is a partial fast, choosing to exclude certain foods only. This is the type of fast we recommend for the 21 days of prayer and fasting. See *Total Stewardship* for more information.
3. It is not uncommon to experience opposition or difficulty during a time of fasting, and then see a breakthrough after you have completed your commitment. When it gets hard, don’t give up! Remember what the apostle Paul says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

DAY 1

Scripture

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment."

Matthew 22:37-38

When Jesus was asked what the greatest commandment was, this was His answer. He reaffirms the commandment that goes all the way back to Deuteronomy 10:12 in the Old Testament. This is what God requires of us. Many times, we view our love for God as something we add to our already full lives. But God calls us to a wholehearted love that permeates our whole being and our whole life.

There is nothing in our lives that should not be touched by our love for Him. He is our Creator and the one who died for us. He deserves our all. If you do not feel that you love God in this way, ask Him to reveal Himself to you and show you what may be holding you back from this kind of love for Him.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 2

What we think about the most reveals what is the most important to us. Consider the things you think about the most throughout the day. What are the things that enter your mind as distractions when you sit down to pray? Do your thoughts reflect a desire to put God first? Are you seeking the things that He wants for you? Is your mind fixed on the things that are temporary or eternal?

Scripture

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

Matthew 6:33

Pause for a moment and ask God to reveal these things to you. Remember that prioritizing God's kingdom allows everything else to fall into place. What do you need to surrender to him today? Ask Him to help you readjust your priorities.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 3

Scripture

"You shall have no other gods before me."

Exodus 20:3

God demands first place, with nothing competing for our devotion. When we begin to really focus on knowing Him, we realize that He deserves nothing less! He created us, and He died for us when we went our own way, not because we deserved it, but because of His immeasurable love for us. And what He asks of us is to love Him in return. It's easy to read through the stories of the Old Testament

and see where God's people went wrong by worshipping idols and false gods, putting their trust in the wrong things. But sometimes we are blind to the idols we have set up in our own lives. We can be prone to trusting in the idols of self, money, comfort, pleasure, or worldly approval. The apostle Paul warns us about this in Philippians 3:19: "Their destiny is destruction, their god is their stomach, and their glory is in their shame. their mind is set is on earthly things." Ask God to highlight these things to you today, so you can be free from them and worship Him fully.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 4

Do you ever think about what you think about? Many times our emotions are ruled by thoughts that do not honor God. Take inventory today of the things that you can be grateful for. Choose to focus on things that are good, true, lovely, admirable, excellent and praiseworthy. Take a moment right now to think of as many of these things as you can and then thank God for them. Remember that we are called to "take every thought captive to make it obedient to Christ" (2Cor. 10:5). We don't have to be ruled by every thought that crosses our minds! Ask God to help you make your thoughts obedient to Christ today.

Scripture

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things."

Philippians 4:8

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 5

Scripture

"You, God, are my God,
earnestly I seek you; I thirst
for you, my whole being
longs for you, in a dry and
parched land where there is
no water."

Psalm 63:1

Have you ever been really thirsty? Not just "I could use a drink," but "I need water now!" We are blessed to live in a country where clean drinking water is readily available and most of us have not experienced the life or death emergency of being dehydrated. In *The Hole in the Gospel*, Richard Stearns talks about the desperation many people have in the world when water is not readily available

to them. If we were suddenly deprived of water, our whole life would immediately become about one thing only – find water! This is the kind of desperation the psalmist has for God. When we are satisfied by lesser things like mindless entertainment, social media, or even the pursuit of good things that do not have eternal value, it can dull our sense of desperation for God and in the end, leave us empty and dehydrated. God, help us realize our desperate need for You that can never be filled with anything else!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 6

In this chapter, the prophet Jeremiah was speaking to the people of God who were exiled from their land by God because they continually returned to worshipping idols and false gods. He was telling them that they were going to be exiled for 70 years before God brought them back to the promised land. But even in the midst of their punishment, God was offering hope. There was purpose even in their punishment. Although they were experiencing the consequences of their sin, God was working for their good. His heart was to restore them to proper relationship with Him. Sometimes we may think that God must get sick of our repeated failures and that He will eventually give up on us. But that is not God's nature! He is patient and kind and wants us to return to Him. The promise He made to Israel, He also makes to us. He will be found by us when we seek Him with our whole hearts!

Scripture

"You will seek me and find me when you seek me with all of your heart."

Jeremiah 29:13

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 7

Scripture

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Hebrews 12:1-2

Hebrews 11 is known as "The Hall of Faith," because it lists the "cloud of witnesses" that Hebrews 12 refers to. When we look at the perseverance of the men and women who came before us, it reminds us to throw off everything that hinders our full devotion to God. The author of Hebrews tells us to "fix our eyes on Jesus." This is a deliberate choice on our part to focus on him and what he

endured for the sake of our faith and freedom. He did so for the joy of our redemption and freedom from bondage to sin. When we focus on him above all else, we position ourselves to partake in the joy he has for us! What are the things that are hindering you from fully fixing your eyes on him? Release those things to him today and thank him for the joy he sets before us!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 8

When we spend time reflecting on all the things God has done for us, it inevitably leads us to a heart of praise for Him. As we focus on Him and His character, and tell others about His goodness, He gives us His strength. If you are feeling weak today, look to Him. Remind yourself of all He has done for you. Tell others of "his wonderful acts." Reverend

Paul Johansson once said, "Do you need more than Calvary to know that God loves you?" Just the fact that He died in our place, to pay for our sin, is enough to cause us to worship Him. The God of the whole universe loves YOU! Let that sink in for a moment. Remember what Paul says in Romans 8:32, "He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things?" Thank you, God, for your wonderful acts of love for me!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

Scripture

"Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always."

Psalm 105:1-4

DAY 9

Scripture

"So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 10:31

The apostle Paul wrote this letter to the church at Corinth to address some issues they were struggling with. The specific problem he was addressing in this verse was whether or not believers should eat meat that had been sacrificed to idols. While Paul gave them some very practical advice, this verse gets to the real heart of the issue. Our ultimate goal should be to glorify God in

everything we do. The ancient Israelites struggled with the same thing, and Paul says we can learn from them. "Now these things occurred as examples to keep us from setting our hearts on evil things as they did. Do not be idolaters, as some of them were; as it is written: 'The people sat down to eat and drink and got up to indulge in revelry.'" 1 Corinthians 10:6-7. All believers throughout time have to make the same choice. Do I choose to do what my flesh desires, or choose what honors God? Ask God to show you what you need to turn away from in order to glorify Him today.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 10

This is not the only scripture passage that talks about living lives that bear fruit. Galatians 5:22-23 lists the fruit of the spirit as "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." John 15 tells us the key to having this kind of fruit in our lives. It is the natural result of living a life that is vitally connected to Jesus. Just as branches cannot live and bear fruit

without staying connected to the vine, we cannot do so without staying connected to Jesus. Whether we realize it or not, we are all seeking a life that is marked by the fruit of the Spirit. Jesus is the key to that life. In what ways are you choosing to stay vitally connected to Jesus? What things are trying to distract you and steal your devotion? Ask God for wisdom in choosing that which helps you to remain in Him.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 11

Scripture

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

Psalm 37:4

If we read this verse in isolation, it can appear that God is promising that if we take delight in Him, He will give us everything our heart desires. But take a moment to read the Psalm in its entirety. You may notice that "taking delight in the Lord" is sandwiched between trusting in Him and doing good on one side and committing your way to Him and again trusting in Him on the other. This is a

whole-hearted devotion that is accompanied by godly action. When we make Him the center of our lives, our hearts come into alignment with His. This allows Him to give us godly desires that He is delighted to fulfill! You will also notice in this Psalm that sometimes it seems like the wicked are flourishing. This is only temporary and superficial. In the end, those who truly flourish are those who trust God, take delight in Him, and commit their ways to His glory! Heavenly Father, help us to delight in You, aligning our desires with Yours!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 12

We have to make the choice every day to focus on God, keeping our eyes always on Him. It is easy to get distracted by the circumstances of life. Sometimes it's the pain and frustration of life that distracts us from focusing on God. And sometimes it's when life is going so smoothly that we lose our desperation for Him and let lesser things crowd Him out. But stability in life really only comes when we keep our eyes always on Him. It is then that we are not shaken. This Psalm ends with, "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand" (Psalms 16:11). Take a moment now to pause in His presence and look to him. ask Him to help you look away from the distractions and experience the joy that comes from His presence.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

Scripture

"I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

Psalm 16:8

DAY 13

Scripture

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord..."

Psalm 27:4

Have you ever daydreamed about what you would do if you really could find a genie in a lamp that would grant you three wishes? We really only need one- "I wish that I could have everything I ever want." What a mess that would be! We can all probably think of something that we have wanted that we would have regretted if we had gotten it. There is even a song that says, "Sometimes I thank God for

unanswered prayers." But in this Psalm, King David shares the one thing we really ought to desire and seek after, and that is to be in the presence of God, gazing at His beauty. Nothing else compares. This is the "one thing" we should all desire above everything else. As we gaze on His beauty, we are reminded of His faithfulness. This Psalm ends with, "I will remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord" (Psalm 27:13-14). Lord Jesus, give us this confidence today.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 14

This scripture verse was written by the prophet Isaiah at a time when he was being persecuted by those who were supposed to be “the people of God.” He was a voice crying out for God in a time of great rebellion. Because of that, he was rejected and mistreated greatly. But he did not allow that to erode his own faith. He chose instead to “set his face like flint,” focusing resolutely on the only one who really matters. If you choose to make God the center of your whole life, you risk being rejected and mistreated by those in rebellion to Him. But remember, the Sovereign Lord is the one who helps you! Ask Him to help you “set your face like flint” in making Him the center of your life.

Scripture

“Because the Sovereign Lord helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame.”

Isaiah 50:7

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 15

Scripture

"Yet I hold this against you: You have forsaken the love that you had at first. Consider how far you have fallen! Repent and do the things you did at first."

Revelation 2:4-5

The book of Revelation was written to seven churches in Asia Minor as both a challenge and an encouragement to help them to persevere in the face of great opposition. It is a reminder that Jesus is King, He is victorious, and He will restore all things in the "new heavens and new earth." The message of this book is applicable to the church at all times throughout history, including today. When John

wrote the message he received from Jesus for each of the seven churches, he included both commendations and corrections where appropriate. The verses for today are from the letter to the church at Ephesus, which was commended for its hard work, perseverance, and commitment of the truth of the gospel. These are all very commendable things. They had a very big problem, though. Their love had grown cold. Sometimes even the admirable things we do can become a distraction from the passion we ought to have for our Creator and Redeemer and for His children. Has your love grown cold? If so, it's time to repent, and do the things that nurture the love we had when we first came to Christ.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 16

These words were spoken by the prophet, Hanani, to Asa the king of Judah. King Asa had started out on the right path, by seeking God and removing idols from the land. He saw great miracles as a result. In 2 Chronicles 14:11, we see the king cry out to God to rescue His people from "mere mortals." When the people fully relied on God, He delivered them from their enemies. Later in life, however, Asa began to put his trust in people. In today's verse, Hanani is rebuking him for that and reminding Him that God is faithful to those who are fully committed to Him. King Asa did not heed the warning, and the results were very sad. "In the thirty-ninth year of his reign Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the Lord, but only from the physicians" (2 Chronicles 16:12). Let us learn from his mistakes and put our trust fully in the Lord today.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

Scripture

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him."

2 Chronicles 16:9

DAY 17

Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship. 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."

Romans 12:1-2

Today's passage begins with the word "therefore." So to fully understand it, we must look at the verses that precede it in order to see what this passage is "there for." Why should we offer our bodies as living sacrifices? The end of chapter 11 talks about the depths of the riches of God's wisdom, who has provided salvation for both Jews and non-Jews. This salvation is based on His

great love for us and the redemption He provided through Christ. Because of this great mercy, evidenced in Jesus' sacrifice, "therefore," we ought to withhold nothing from Him! We ought to respond to His sacrifice by offering our whole lives back to Him as our holy and pleasing sacrifice. We do this by refusing to conform to worldliness, but rather living a transformed life through renewing our minds. This will enable us to understand and walk in His will, bringing glory to Him through our whole lives. Let's hold nothing back from Him!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 18

In this chapter, Joshua is reminding the people of God of all the things that God has done for them and how He delivered them over and over from the hand of their enemies. He issues a challenge, though. They must all make a choice. Either they will worship the false gods of their ancestors and the people around them, or they will reject those gods and serve the one, true God.

Joshua plants his feet firmly

on the side of the one, true God, and says he and his family have made their choice. Whether we realize it or not, we are faced with this choice every day. Will we serve the false gods that our culture offers? The god of self ("just follow your heart," "live your own truth"), the god of materialism, the god of popularity and approval, the gods of comfort and pleasure...or the one, true God? Ask God to show you the false gods that are competing for your attention and worship and help you to put your trust in Him, giving Him your full allegiance.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

Scripture

"But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."

Joshua 24:15

DAY 19

Scripture

"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Psalms 73:25-26

Today we return to the Psalms. This time it is Asaph who shares his struggles in trusting in God. Like David, Asaph also wrestles with the apparent prosperity of the wicked. Living a life of full commitment to God is not easy. It involves sacrifice. Is it even worth it? After all, it seems as though those who live in rebellion to God are doing just fine. They seem to have it all together. They are

on top of the world. However, the psalmist realizes that this is just an illusion. Any pleasure and ease the wicked enjoy is superficial and temporary. True joy and strength have only one source. The God of heaven. When we make Him the center of everything, He is our strength. He is also our eternal inheritance. It is when we spend time in His presence that we begin to see things clearly. Spend a little time in Psalm 73 today. Be honest with God about the struggles in your own heart. Allow Him to be your strength.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 20

What a strange thing to say. "I have been crucified"? If the apostle Paul, who wrote this letter to the Galatian church, had been crucified, how could he be writing this letter? What is he trying to say? He clearly is not talking about being literally crucified, but rather, this is a spiritual reality in which he has been freed from the power and penalty of sin by being united to Christ in death through faith in Him. We

attest to this reality when we are obedient to the call to be baptized. If you have been baptized, then when temptation comes your way, remind yourself of the truth of this reality. We are dead to sin because of the cross of Christ (we will come back to this thought tomorrow). If you have not yet been baptized, now is a great time to take that step! Contact us at info@believerschapel.org to sign up!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 21

Scripture

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things."

Colossians 3:1-2

In Colossians chapters 2-3, the apostle Paul reminds believers that when we receive Christ as Lord we are united with him in his death and resurrection (which is pictured in our baptism). This means we are dead to sin, and therefore do not have to, and should not, live in it any longer! Because Jesus is Lord, and has set us free from the power of sin and death, we ought to "set our minds on

things above, not on earthly things." In chapter three, Paul lists the things we ought to "put to death," and the things we put on when we "put on the new self." Take some time to reflect on these two lists, and ask for his help to "set your mind on things above" by putting on the new self and walking in freedom from the earthly things that he has freed us from.

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

DAY 22: BREAKING FAST!

Daily Prayer: Heavenly Father, I thank you for who you are and all you have done for me. Help me to honor you and keep you the center of everything I say, do, and think today. As I choose to make you the center of my life, help me to be a reflection of you to those around me. Today, I thank you for _____, and I ask that you would _____.

Notes/Reflection:

Scripture

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Proverbs 3:5-6

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