

# VINE & BRANCH FASTING DEVOTIONAL — EPHESIANS 4

## Theme Scripture (Return to throughout the day)

*“Walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.” — Ephesians 4:1–3*

This is not casual Christianity.  
This is a calling.

Fasting is laying down the flesh so we can walk worthy of what Christ has already given.

*“Put off your old self... and be renewed in the spirit of your minds.” — Ephesians 4:22–23*

## Preparation – Consecration (Before 6 PM)

Read Ephesians 4:1–3 slowly three times.

Ask the Lord:

Where am I not walking worthy of my calling?  
Where is pride, impatience, or division in me?  
Who do I need to forgive or pursue in love?

Lay down:

Pride  
Bitterness  
Self-focus  
Control

*“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” — Ephesians 4:32*

**Prayer:**

“Lord, strip off what does not look like You. I belong to You.”

## MEAL 1 MISSED – Evening

WALK WORTHY

**Read the entire chapter of Ephesians 4.**

Then slow down and return repeatedly to **Ephesians 4:1–3** throughout this portion of the fast.  
Read those verses again and again. Pray them. Sit under them. Let them search you.

Walking worthy is not talk—it is daily surrender.

Pray for:  
A life that reflects Christ  
Humility and gentleness  
Patience in relationships  
Love that endures

*“With all humility and gentleness...”* — Ephesians 4:2

**Spirit-Led Prayer**

Do not rush.

Ask:  
“Holy Spirit, where am I out of step with You?”

Stay there until He answers.

**MEAL 2 MISSED – Morning**

**UNITY & MATURITY**

**Read the entire chapter of Ephesians 4 again.**

Then return repeatedly to **Ephesians 4:12–16** throughout this portion of the fast.  
Read it slowly. Repeat it. Let it shape how you see the church, growth, and your role in the body.

*“To equip the saints...for building up the body of Christ.”* — Ephesians 4:12

Pray for:  
Unity in the church  
Spiritual maturity  
Leaders to equip faithfully  
Protection from division  
A church that grows up into Christ

*“So that we may no longer be children...”* — Ephesians 4:14

**Spirit-Led Prayer**

When someone comes to mind, stop and pray.  
If reconciliation is needed, commit to it.

**Prayer:**

“Lord, grow me up and use me to build Your church.”

## **MIDDAY – Weakness Becomes Dependence**

### **TRUTH IN CHRIST**

Return again to what you have read.

*“The truth is in Jesus.”* — Ephesians 4:21

Do not move past that lightly.

Ask:

Where have I believed lies instead of truth?

Where have I excused sin?

Where do I need the mind of Christ?

Intercede for:

A church grounded in truth

Discernment over deception

Hearts anchored in Christ

Freedom from compromise

### **Spirit-Led Prayer**

When the flesh feels weak, listen more closely.  
Weakness often exposes where dependence has been missing.

## **MEAL 3 MISSED – Afternoon**

### **PUT OFF / PUT ON**

**Read the entire chapter of Ephesians 4 again.**

Then return repeatedly to **Ephesians 4:22–24** throughout this portion of the fast.  
Read it slowly. Repeat it. Pray it until it moves from words to surrender.

*“Put off your old self... and put on the new self.”*

This is war. You do not drift into holiness.

Ask:

What must I put off?

What must I put on?

Pray for:

Freedom from sin patterns

Renewed thinking

Righteousness and holiness

Speech that builds and does not tear down

*“Let no corrupting talk come out of your mouths...”* — Ephesians 4:29

### **Spirit-Led Prayer**

Let the Spirit get specific:

Lies → truth

Anger → forgiveness

Bitterness → kindness

Corrupt speech → words that build up

*“Be kind to one another...”* — Ephesians 4:32

Do not generalize. Respond specifically.

### **Breaking the Fast – 6 PM**

Before eating, return one final time to **Ephesians 4:1–3**.

Give thanks for:

What the Word exposed

Where repentance happened

Where truth replaced lies

Where the Spirit led

Break the fast slowly and with gratitude.

## **MONTHLY RHYTHM FOR THE FASTING TEAM**

On your assigned day:

Read the **entire chapter of Ephesians 4** at each missed meal  
Return repeatedly to the **smaller focus passage** for that section  
Pray as the Spirit leads  
Respond in obedience

Not rushing.  
Not checking a box.  
Letting the Word do its work.

## **Final Exhortation**

Most people move too quickly through Scripture to be changed by it.

*“Be renewed in the spirit of your minds.”* — Ephesians 4:23