

VINE & BRANCH FASTING DEVOTIONAL — JUNE 2026

2 Corinthians 4:7–18

Theme Scripture (Return to throughout the day)

“We are afflicted in every way, but not crushed; perplexed, but not driven to despair.” — 2 Corinthians 4:8

This chapter is for weary believers.
For people carrying pressure.
For those who feel weak, tired, opposed, or discouraged.

Fasting reminds us that our strength was never supposed to come from ourselves.

“But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us.” — 2 Corinthians 4:7

Preparation – Consecration (Before 6 PM)

Read 2 Corinthians 4:7–18 slowly three times.

Ask the Lord:
Where have I depended on my own strength?
Where have I lost heart?
What suffering, burden, or disappointment am I carrying instead of surrendering?

Lay down:
Self-reliance
Fear
Exhaustion
Discouragement

“Though our outer self is wasting away, our inner self is being renewed day by day.” — 2 Corinthians 4:16

Prayer:
“Lord, let Your strength be seen through my weakness.”

MEAL 1 MISSED – Evening

TREASURE IN JARS OF CLAY

Read the entire passage of 2 Corinthians 4:7–18.

Then return repeatedly to **2 Corinthians 4:7–10** throughout this portion of the fast.

Read it slowly.

Repeat it often.

Let it reshape how you view weakness.

“We have this treasure in jars of clay...”

God intentionally uses fragile people so His power becomes unmistakable.

Pray for:

Endurance in trials

Strength for weary believers

Faith in weakness

A church dependent on the Spirit, not human ability

Spirit-Led Prayer

Ask:

“Where have I mistaken weakness for failure?”

Let God remind you that weakness often becomes the platform for His glory.

MEAL 2 MISSED – Morning

DO NOT LOSE HEART

Read the entire passage of 2 Corinthians 4:7–18 again.

Then return repeatedly to **2 Corinthians 4:13–16**.

“So we do not lose heart.”

The Christian life is not sustained by emotion—it is sustained by truth.

Pray for:

Those battling discouragement

The brokenhearted
Pastors and leaders carrying heavy burdens
Those quietly suffering

“Our inner self is being renewed day by day.” — 2 Corinthians 4:16

Spirit-Led Prayer

When names come to mind, stop and intercede.

Pray:
“Lord, strengthen those who are close to giving up.”

MIDDAY – Weakness Becomes Dependence

FIX YOUR EYES

Return again to the Scripture.

“We look not to the things that are seen but to the things that are unseen.” — 2 Corinthians 4:18

Fasting exposes how attached we are to temporary things.

Ask:
What has captured my attention more than eternity?
Where have temporary pressures clouded eternal perspective?

Intercede for:
An eternal mindset
Faith over fear
Courage under pressure
A church focused on Christ above comfort

Spirit-Led Prayer

Slow down and listen.

Weakness often clears away distractions so we can hear God more clearly.

MEAL 3 MISSED – Afternoon

ETERNAL GLORY

Read the entire passage of 2 Corinthians 4:7–18 again.

Then return repeatedly to **2 Corinthians 4:16–18**.

Read it carefully.

This is perspective-changing truth.

“This light momentary affliction is preparing for us an eternal weight of glory beyond all comparison.”

Ask:

Have I forgotten eternity?

Have I allowed temporary suffering to define me?

Pray for:

Hope in suffering

Perseverance

Joy beyond circumstances

Eyes fixed on Jesus

Spirit-Led Prayer

Bring your burdens honestly before the Lord.

Then surrender them.

Not denial.

Trust.

“The things that are seen are transient, but the things that are unseen are eternal.” — 2 Corinthians 4:18

Breaking the Fast – 6 PM

Before eating, return one final time to **2 Corinthians 4:16–18**.

Give thanks for:

Strength in weakness

Renewal in discouragement

Eternal hope

The sustaining power of God

Break the fast slowly and with gratitude.

MONTHLY RHYTHM FOR THE FASTING TEAM

On your assigned day:

Read the entire passage of **2 Corinthians 4:7–18** at each missed meal

Return repeatedly to the smaller focus verses

Pray as the Spirit leads

Surrender weakness to the Lord

Fix your eyes on eternity

Not striving.

Dependence.

Final Exhortation

The world hides weakness.

The Gospel redeems it.

“The surpassing power belongs to God and not to us.” — 2 Corinthians 4:7

If we become a church that stops pretending to be strong and starts depending on Christ, we will discover a strength this world cannot produce.

In Him,

Pastor Chris