

STEP DOWN



21 *Ø*AYS OF PRAYER & FASTING

August 10 - 30, 2026

First Baptist Church of Winter Garden

"If we live by the Spirit, let us also keep **in step** with the Spirit."
Galatians 5:25 (CSB)

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Welcome to Step Down:

21 days. One **church**. One **God**. One **goal**.

As we continue our **IN STEP initiative**, moving forward at God's **pace**, toward God's **plan**, we are pausing... Why you may ask? To step down from the **comfort** and **control** that keeps us from a **closer** walk with Jesus.

Prayer and fasting are not the **destination**; they are the **doorway**. The goal is simple: more of God's presence and purpose. We are committing together, for 21 days, to make prayer a **daily habit** and fasting a **consistent rhythm** that becomes a way of life.

The emphasis is organized around **three movements** over **three weeks**.

- **Week 1** (Aug. 10-16) - God working IN us: *Repentance*.
- **Week 2** (Aug. 17-23) - God working FOR us: *Dependence*.
- **Week 3** (Aug. 24-30) - God working THROUGH us: *Progress*.

As you make commitments, know that **you're not alone**. Your church family, Pastors and leaders are doing this with you.

In Step Together,

~Pastor Jeremy Woods~

How to Use This Guide

Daily Rhythm: Each day: **read**, **reflect**, and **respond** in prayer. Plan for 10–15 minutes, ideally in the morning, before you start your day.

Daily Reading: Read the daily scripture and devotional thought. Prefer to watch? Scan the QR code on each page for the companion video from one of our ministry leaders.

Daily Reflection: Write 1-2 sentences on how God is speaking to you through the day's scripture and devotion. Make it personal. Be specific.

Daily Response -The P.R.A.Y. Framework: Pray through four movements drawn from the Lord's Prayer in *Matthew 6* (Praise, Repent, Ask, Yield):

P - Praise: For who God is and what He has done.

R - Repent: Honest confession with grace-filled resolve to change.

A - Ask: Bring your specific needs and intercessions.

Y - Yield: Surrender the outcome and release control.

Regular Fasting: Choose at least one day per week to fast on **purpose** (planned) with a **purpose** (to see God work in, for, through you). Tell at least one person for support. On fast day(s), use meal times to pray and seek God.

"Prayer is the only entryway into genuine self-knowledge. It is also the main way we experience deep change."~Tim Keller~

Frequently Asked Questions

What is fasting? Not to be confused with intermittent fasting or fasting for dieting purposes. Spiritual fasting is foregoing physical **food** to feast on more of **God**. The hunger you feel **physically** reminds you of how much you need God **spiritually**. In fasting, we redirect our hunger toward the Lord, replacing meal times with prayerful pursuit of His presence and purposes.

What are some ways to fast?

- **Full Fast:** abstaining from all food for 24 hours, drinking water or light juices only.
- **Partial / Daniel Fast:** removing meat, sweets, dairy, and processed foods. Eating fruits, veggies, whole grains, and legumes.
- **Sunrise to Sundown:** skipping breakfast & lunch, eating in evening.
- **Particular Fast:** A particular meal, or day of the week of your choosing.

****Participant Note:** The fasts listed may be observed **weekly** or **daily** over 21 days. It's less about an **equation** and more about **conviction**. Customize based on capacity, health, experience and season of life.

To submit a prayer request, go to fbcwg.org/prayer

What difference does fasting make? Fasting amplifies prayer. It tells the Lord, unlike anything else: “Lord, I am serious about seeing you work in me (repentance), for me (dependence), and through me (progress).”

What is the relationship between prayer and fasting? Biblically speaking, the two are inseparable. Prayer is reaching out to God. Fasting is releasing control of distractions and comforts that may compete with Him. Together they create the conditions for a closer walk with the Lord.

Why are we doing this now? August is naturally transitional with summer winding down, school starting back, and rhythms resetting. As life refocuses, we want to put God at the center.

What if I prefer to fast from something other than food? While this can be beneficial—biblically speaking—fasting always involves abstaining from food. For those who are unable to fast from food for medical reasons, abstaining from some other comfort or distraction can be a meaningful spiritual practice. But consider this an accommodation more than the biblical norm. Which leads into one more question:

What precautions should I take when fasting?

- Consult your doctor first if you have medical conditions or a history of eating disorders.
- We encourage pregnant or nursing mothers to continue eating regular, nutritious meals rather than fasting from food.
- Principally, children should not fast from food, unless otherwise permitted by parents. Use the family discipleship prompts instead.
- If you feel faint, eat something. God is honored by your honest seeking of Him, and not just suffering for suffering’s sake.
- Stay hydrated throughout your fast day with water and/or low, natural sugar beverages.

Week One | Work IN Me

Repentance

"You are already clean because of the word I have spoken to you."

~Jesus in John 15:3~

"One way to begin to see how vastly indulgent we usually are is to fast. It is a long day that is not broken by the usual three meals." ~Elisabeth Elliot~

Commitment: How Am I Believing God to Work IN Me?

Think: heart attitudes, habits, or patterns God wants to change in you.

What do you want God to humble, forgive, or renew IN you these next 7 days?

I commit to fasting the following day(s) and ways this week (be specific):

Name: _____ **Date:** _____

As God moves IN you, we'd love to hear about it.

*Share the good at **fbcwg.org/story***

To submit a prayer request, go to fbcwg.org/prayer

DAY 1 - “In Step” | Monday, August 10 | Galatians 5:25
Jeremy Woods | Pastor

Scan to watch today's devotional.



READ: *Galatians 5:25 | Want more? Read the full chapter.*

DEVOTIONAL | *Prefer to watch? Scan the QR code above.*

Welcome to Step Down! A church-wide, 21-day emphasis on prayer and fasting where we are stepping down from **comfort** and **control** to step into a **closer** walk with God.

Two of the **best ways** to do that is to develop habits of daily prayer and regular fasting.

If this is all new to you, that's okay! Biblical prayer and fasting are **practiced** so we can join in God's **purposes** and see more of His **presence**.

Galatians 5:25 says: *"If we live by the Spirit, let us also keep in step with the Spirit."* **Just how do we live and walk by the Spirit?**

By **responding** to His work, which happens on three levels: **in** us, **for** us, and **through** us. It all starts with God working in us, as we humbly consider the heart **attitudes** and **habits** He wants to change.

As you begin, **be encouraged:** by giving yourself to this process, you will see spiritual progress, not just over these next 21 days, but in all the days that follow!

Why are we stepping down? So we can step into a closer walk with God. Now, get ready to watch Him work.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God for His Spirit who leads and sustains you.
- **Repent:** Confess any area where you have run ahead of or fallen behind God.
- **Ask:** Ask God to align your steps with His for these 21 days.
- **Yield:** Yield your plans and preferences to His pace and plan.

FASTING REMINDER

As you feel hunger today, let it remind you: you were made to walk with God, not ahead of Him, not behind Him, but in step with Him.

FAMILY DISCIPLESHIP

- **For Kids:** “What does it mean to follow God at school?” Draw a path together and talk about walking with Jesus.
- **For Teens:** 'Where do you feel most out of step with God right now? What would one step toward Him look like?'

To submit a prayer request, go to fbcwg.org/prayer

DAY 2 - “Search Us” | Tuesday, August 11 | Psalm 139:23-24
Josh Leonard | Foundation Academy, Director of Spiritual Formation

Scan to watch today's devotional.



READ: Psalm 139:23-24 | *Want more? Read the full chapter.*

DEVOTIONAL | *Prefer to watch? Scan the QR code above.*

There is an ease at the surface. I think about this whenever I look out at the ocean. There is such beauty in the vastness of God’s creation displayed across the water. And yet, I know that beneath the surface lies a depth I cannot see. And so it is with us.

Psalm 139:23-24 says, “Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.”

This is not a surface-level prayer. It’s a prayer to go deeper – an invitation to **repentance**. It calls us to slow ourselves amidst the hurried pace of our culture, long enough to hear the gentle voice of our Savior. In that intentional stillness, the Spirit brings from the depths the truths that our hearts need to hear.

And as we keep in step with Him, we walk with **open hands** and **willing hearts**, trusting His direction; because as we see throughout Psalm 139, we do not pray to a distant God, but to our Creator.

The One who knows us to the very depths of our soul. And whose love, grace, and mercy reach deeper still.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He knows you fully and loves you completely.
- **Repent:** Confess anything the Holy Spirit surfaces as you sit quietly before Him.
- **Ask:** Ask God to search you and reveal what needs to change.
- **Yield:** Yield your self-view to His truth about who you are.

FASTING REMINDER

When hunger rises today, pause and pray: “Search me, God. I'm serious about this.”

FAMILY DISCIPLESHIP

- **For Kids:** Play “I Spy,” then talk about how God sees everything. Even in our hearts. Ask: “Is there anything you want to ask God to help you with?”
- **For Teens:** Read Psalm 139:23-24 together. Ask: 'What do you think God sees in you that you might be hiding from yourself?'

To submit a prayer request, go to fbcwg.org/prayer

DAY 3 - “Calm Us” | Wednesday, August 12 | 1 Peter 5:7
Brooke Newell | Foundation Academy, Plant Street Principal

Scan to watch today's devotional.



READ: 1 Peter 5:7 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

We are never told to walk this life alone or control every outcome. If you know me, that’s easier said than done. Just ask Kyle, my husband. He would say I like to control everything. Or you could even ask Logan and Steven, our two kiddos. :)

But we were never meant to do this ALONE. We were never meant to carry our burdens alone or control every outcome. It is very hard, but we have to put our pride aside, humble ourselves, and cast our anxieties on Jesus.

He is the only one who can carry us and who deeply cares for us. We are taking a STEP in faith when we trust Him to do this for us. But are you doing this on a daily basis?

We need to wake up each day, decide to take the STEP, and hand him our worries instead of allowing them to weigh us down.

Our church theme, “In Step,” reminds us that following Jesus is a daily walk. Staying in STEP with Him means continually handing Him our worries instead of allowing them to weigh us down. As we continue to walk IN STEP, God strengthens us and reminds us that His care is greater than our greatest concern.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God for being your Father who carries every burden.
- **Repent:** Confess the anxieties you have been carrying alone.
- **Ask:** Ask God to replace your anxiety with His supernatural peace.
- **Yield:** Yield your worries, name them, and release them to Him.

FASTING REMINDER

Every hunger pang is an invitation to cast one more care on the one who cares for you.

FAMILY DISCIPLESHIP

- **For Kids:** Ask, “What has you worried?” Write each worry on paper, pray together, and tear them up, a reminder: God takes our worries.
- **For Teens:** Read 1 Peter 5:7. Ask: “What are you most anxious about right now? What would it mean to actually cast that on God?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 4 - “Humble Us” | Thursday, August 13 | James 4:10

Mike Black | Deacon Chairman

Scan to watch today's devotional.



READ: *James 4:10 | Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

This verse is included here in James as a cure for my living in worldliness and the consequences it can cause.

Each day when I wake up, worldliness immediately tries to take over my thoughts and focus. I must stop immediately and give thanks to my Creator for His love, grace, and presence. He tells me in this verse to “humble myself in His presence.”

He’s always there, but I must seek Him daily. To do this, I must turn from worldliness and draw near Him.

Humbling myself before my Lord leads to His exalting me, but I think it’s to His presence more than a position.

I’m praying for our church community to be present with expectant hearts in this blessed time of prayer and fasting.

May God hear my cry for a closer walk with Him, not only through this focused time of prayer and fasting but as a new foundation of worship to the Risen King. My prayer is to change lives through humility.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God for the grace He gives to the humble.
- **Repent:** Confess pride in any form, self-sufficiency, or need for approval.
- **Ask:** Ask God to produce genuine humility through this 21-day journey.
- **Yield:** Yield your reputation and need to be seen to His care.

FASTING REMINDER

The growl of an empty stomach, in fasting, is the sound of pride giving way. Embrace it.

FAMILY DISCIPLESHIP

- **For Kids:** Ask - “Who can you help today without telling anyone?” Celebrate humble acts at dinner.
- **For Teens:** Ask - “When was the last time you admitted you were wrong? What makes humility so hard?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 5 - “Forgive Us” | Friday, August 14 | 1 John 1:9

Vince Higgs | Small Group Leader

Scan to watch today's devotional.



READ: *1 John 1:9 | Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

One of the greatest gifts of God's grace is that we never have to carry the weight of our sins alone. 1 John 1:9 reminds us that God does not ask us to earn His forgiveness or prove ourselves worthy of His love. He simply invites us to come honestly before Him. A reminder of yesterday's devotion on humility.

Confession is not about informing God of something He doesn't already know. It is about opening our hearts, acknowledging where we have fallen short, and allowing His grace to restore us.

When we confess, God responds with faithfulness, because of Jesus' sacrifice, He forgives completely and begins the work of cleansing our hearts, renewing our minds, and helping us walk in righteousness.

No matter what you have done or how far you feel you've wandered, God's mercy is greater. His forgiveness is complete. Every confession is an opportunity to experience a fresh start and a deeper relationship with Him.

Rest assured of this today: His mercy is abundant, and His grace is enough to give you a fresh beginning.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that His forgiveness toward us isn’t based on what we did wrong, but on what Jesus did right.
- **Repent:** Confess specific sins, name them honestly before God.
- **Ask:** Ask God to apply Christ's forgiveness deeply to your conscience.
- **Yield:** Turn over any guilt or shame that Christ has already paid for.

FASTING REMINDER

Fasting says: I want the cleansing of forgiveness more than the comfort of food.

FAMILY DISCIPLESHIP

- **For Kids:** Practice saying “I'm sorry” and “I forgive you” to each other. Talk about why forgiveness feels hard but is so good.
- **For Teens:** Ask: “Is there anyone you need to forgive right now?” Is there anyone you need to ask to forgive you?"

To submit a prayer request, go to fbcwg.org/prayer

DAY 6 - “Renew Us” | Saturday, August 15 | 2 Corinthians 5:17

Alex Wood | Media Communications Director

Scan to watch today's devotional.



READ: 2 Corinthians 5:17 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

2 Corinthians 5:17 reminds us that when you're in relationship with Jesus, Jesus changes us. Think of when you first encountered Jesus; the old stuff was stripped away, and you were given a new identity in Christ.

Sometimes though, if we are being honest, we don't live from this new identity. Instead, we live from a place of shame, frustration, feeling the weight of having to do it all right, or relying on our own strength.

Being a new creation doesn't mean that we're perfect. It means that we are changed and being changed. The initial change happened at salvation, but we also have this ongoing change (sanctification).

This passage doesn't just apply to the moment of salvation but should serve as a daily reminder that we can live from a place of freedom - freedom from our past, freedom from our mistakes, and freedom from perfection. We must submit to this work - God's work in us.

Ask yourself, what old habit am I holding onto today? Where in my life do I need God's care and control? This year, as we walk in step with the Spirit, allow God to work in you and walk from newness in Jesus.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He makes all things new.
- **Repent:** Confess the old patterns and ways of thinking that you hold back from newness in Jesus.
- **Ask:** Ask God to renew your mind and make you new in practice.
- **Yield:** Yield your old habits and mindsets to God’s care and control.

FASTING REMINDER

You are trading something temporary for something eternal today.
That tradeoff brings newness.

FAMILY DISCIPLESHIP

- **For Kids:** Show a butterfly picture. Share how God makes things new. Ask: “What’s something new you’d like God to do in you?”
- **For Teens:** Read 2 Corinthians 5:17 together. Ask: “What old habit do you most want God to change in you this year?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 7 - “Satisfy Us” | Sunday, August 16 | Matthew 5:6
Dr. Stephanie Cline | Kids Ministry Director

Scan to watch today's devotional.



READ: Matthew 5:6 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Matthew 5 is the beginning of Jesus’ Sermon on the Mount. Verse six is a section of the Beatitudes, a series of blessings given by Jesus.

To be blessed means that God has extended His benefits to you (the biggest being salvation through Jesus). You have received His provision and favor. It is a joy that abounds from your relationship with God.

David echoed this sentiment in *Psalms 34:4, 8*, “*Those who look to Him [God] are radiant with joy; Their faces will never be ashamed...Taste and see that the Lord is good; How happy is the person who takes refuge in Him.*”

The picture here in Matthew five is that you are craving, actively seeking, and desiring righteousness – actions found acceptable by God.

The last portion of this verse talks about being filled or satisfied. God alone can only satisfy this desire. The Greek word is an action, portraying the movement from empty to full. In other words: your need is fully met.

This is what Jesus was referring to when He said, “*I am the Bread of Life.*” You no longer crave anything but God because He does not merely fulfill to the brim; He overflows.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He is the Bread of Life; more than food for our stomachs, He is food for our souls. Our ultimate satisfaction.
- **Repent:** Confess the things you have been going to for satisfaction instead of Him.
- **Ask:** Ask God to deepen your hunger for Him above all else.
- **Yield:** Yield your cravings and ask Him to be enough.

FASTING REMINDER:

You are hungry today because you believe Jesus satisfies more than food ever could.

FAMILY DISCIPLESHIP

- **For Kids:** Before eating, ask: “What does it mean that Jesus is the Bread of Life?” Then enjoy the meal with gratitude.
- **For Teens:** Ask: “What are you most hungry for in life right now? How does Jesus offer something better than that?”

Prompt: *How did God work in you over these first seven days?*
Share the good at **fbcwg.org/story**

To submit a prayer request, go to fbcwg.org/prayer

Share the good at fbcwg.org/story

Week Two | Work For Me

Dependence

"Apart from me you can do nothing."

~Jesus in John 15:5~

"I am convinced God does nothing on earth except in answer to prayer." ~

~John Wesley~

Commitment: How am I believing God to work FOR Me?

Think: situations, needs, or outcomes beyond your control where you're desperate for God to intervene.

What specific need, burden, or situation are you bringing before God this week?

I commit to fasting the following day(s) and ways this week (be specific):

"One way to begin to see how vastly indulgent we usually are is to fast. It is a long day that is not broken by the usual three meals. One finds out what an astonishing amount of time is spent in the planning, purchasing, preparing, eating, and cleaning up of meals."

~Elisabeth Elliot~

"To pray is to accept that we are, and always will be, wholly dependent on God for everything."

~Tim Keller ~

To submit a prayer request, go to fbcwg.org/prayer

DAY 8 - “Provide For Us” | Monday, Aug 17 | Philippians 4:19
Dr. Jeff Lawrence | Foundation Academy President

Scan to watch today's devotional.



READ: Philippians 4:19 | *Want more context? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Need has a way of exposing what abundance often hides.

One meal without food reminds us how quickly we become aware of our physical hunger. Fasting has a remarkable way of uncovering something deeper. Beneath the appetite is a soul learning where it has placed its confidence. We often discover how easily our hearts cling to comfort and control, while God gently invites us to trust Him more fully.

Paul's words lift our eyes toward the heart of the Father. *"My God will supply all your needs according to his riches in glory in Christ Jesus."*

Those riches never diminish. His provision flows from His character, His wisdom, and His love for His children.

Looking back, I can see that seasons of dependence have shaped my faith more than seasons of abundance. Hunger quiets the noise and creates space to hear God's voice more clearly.

We begin to recognize that every breath, every strength for today, and every grace for tomorrow has always come from His hand.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He owns everything and lacks nothing.
- **Repent:** Confess the fear that God will not provide, or that you must secure it yourself.
- **Ask:** Ask God to meet a specific need you are carrying this week.
- **Yield:** Financial fears and daily concerns to His fatherly care.

FASTING REMINDER

Today's fast is a declaration: God provides and will meet my needs.

FAMILY DISCIPLESHIP

- **For Kids:** Name three things God has provided for our family. Make a thankfulness list and put it on the fridge.
- **For Teens:** Ask: “Where do you feel most anxious about the future? How does trusting God with provision change how you live?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 9 - “Deliver Us” | Tuesday, Aug 18 | 1 Corinthians 10:13

John Bradley | Student Ministry Director

Scan to watch today's devotional.



READ: 1 Corinthians 10:13 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

For years, *1 Corinthians 10:13* was one of my favorite verses. One reason was that it sounded impressive when I memorized and quoted it. Not to mention, this verse will preach!

I've learned that temptation usually grows louder when I believe two lies: "No one understands what I'm dealing with," and "There's no other option." *1 Corinthians 10:13* answers both.

First, what we face is "common to humanity." Others have stood where we stand, and Jesus understands our weakness. More importantly, God is faithful. Temptation may feel overwhelming, but it never removes His presence or His power to help us obey.

Second, the "way out" God provides isn't always the temptation disappearing. Sometimes deliverance looks like walking away, shutting something off, calling a trusted friend, confessing what's been hidden, or praying until the urge passes. God promises enough grace to endure without giving in.

Finally, fasting gives us a chance to practice that dependence. Hunger speaks, but it doesn't have to control us. Neither do our cravings, impulses, or old patterns. Every moment of weakness can become a reminder to look for the escape God has already provided.

Where are you feeling trapped today? Ask God to show you the next faithful step...and take it.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that no temptation comes without a way of escape for those who seek it.
- **Repent:** Confess the area where you keep returning to the same sin patterns and struggles.
- **Ask:** Ask God to deliver you from whatever temptations may be overcoming you. Name them specifically.
- **Yield:** Yield the illusion that you can break free on your own.

FASTING REMINDER

Every time you feel hunger's pull today, remember: He made a way to overcome your strongest temptations too.

FAMILY DISCIPLESHIP

- **For Kids:** Tell the story of Daniel in the lion's den. Ask: “When have you felt scared? How did God help?”
- **For Teens:** Ask: “What's something you keep struggling with? What does the way of escape God promises in temptation look like?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 10 - “Sustain Us” | Wednesday, Aug 19 | Psalm 94:18-19
Sarah Reynolds | Foundation Academy, Tilden Campus Principal

Scan to watch today's devotional.



READ: Psalm 94:18-19 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Psalm 94:18–19 reminds me that even when I feel like I'm losing my footing, God is already reaching out to steady me.

There are moments when fear, uncertainty, and endless worries seem to consume my thoughts, making it difficult to find peace.

In those times, I try to rely on my own strength, only to discover how limited I am, and it typically just doesn't work.

This passage encourages us to remember that God's unfailing love is constant and dependable. His presence does not remove every challenge, but it gives us the strength and comfort to face them with hope.

When those anxious thoughts come, we can bring every concern to Him in prayer and fasting, trusting that He understands our hearts completely.

His comfort renews your spirit, replacing fear with confidence and despair with joy. Today, we want to choose faith over worry by resting in God's promises instead of our circumstances.

No matter how unstable life may seem, you can stand firm because His love will always uphold you, and His comforting presence will continue to sustain you each day.

When you begin to feel like you are losing your footing, remember that God knows and is right there to hold onto you.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that His unfailing love holds you through every moment where your feet may fail and you feel like quitting.
- **Repent:** Confess the moments this week when you reached for something other than God.
- **Ask:** For God to sustain you through what’s just too heavy to carry.
- **Yield:** The burden you’re bearing. Trust Him to hold what you can’t.

FASTING REMINDER

By now, your feet may feel like they're slipping. His unfailing love is already there to catch you.

FAMILY DISCIPLESHIP

- **For Kids:** Tell your kids about a time you felt like giving up but kept going. Ask: “Who helps you keep going when things get hard?”
- **For Teens:** Ask: “When do you feel most like quitting? What does it look like to trust God to sustain you?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 11 - “Guide Us” | Thursday, Aug 20 | Proverbs 3:5-6
Paige Quesinberry | Kids Ministry Intern

Scan to watch today's devotional.



READ: Proverbs 3:5-6 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Proverbs 3:5-6 reminds us of our dependence on God. To forgo our own understanding and take up a posture of surrender to the Lord.

To rely means to lean with the entire body, receiving strength from what you are leaning on.

Picture yourself exhausted after a long day; you lean against a wall for a moment of rest. The wall supports your tired body and provides relief. This is just a glimpse of what God provides when you fully lean on Him.

When leaning on something, you can't go ahead or behind it, you must remain in step with it. If we are to rely on our own understanding and move at our own pace, it will always lack the fullness of God's plan.

This doesn't mean we can't cry out. It means we must trust God's character even when things do not make sense.

When life gets overwhelming, we often rely on our own understanding to make sense of it. What area of your life are you taking into your own hands that places you out of step with God's will?

Surrender that to Him. Assume a posture of utter reliance. Know that He will guide your steps.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** That He does not leave us to figure life out alone.
- **Repent:** Confess the decisions you have been making without seeking His wisdom and will.
- **Ask:** Ask God for wisdom and clear direction in a specific area of uncertainty.
- **Yield:** Your preferred path and ask Him to direct your steps.

FASTING REMINDER

Fasting today clears the noise so you can hear His direction more clearly.

FAMILY DISCIPLESHIP

- **For Kids:** Play “follow the leader.” Talk about how God leads us. Ask: “How can we know which way God wants us to go?”
- **For Teens:** Ask, “What’s the biggest decision you’re facing? Have you asked God for guidance?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 12 - “Reassure Us” | Friday, Aug 21 | Mark 9:24

Kyle Gunter | Deacon

Scan to watch today's devotional.



READ: Mark 9:24 | *Want more context? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

In *Mark 9*, we meet a desperate father whose son had been tormented by an unclean spirit since childhood. The disciples had tried to cast it out, but could not. When Jesus arrives, He tells the father, “*Everything is possible for the one who believes.*”

With raw honesty, the father cries, “*I do believe; help my unbelief!*” His prayer reminds us that faith is not pretending to have it all together. It is bringing our doubts, fears, and weaknesses to Jesus and trusting Him to do what we cannot.

After Jesus delivers the boy, the disciples ask why they could not cast out the spirit. Jesus answers, “*This kind can come out by nothing but prayer.*” Prayer does not earn God’s power. It places us in humble dependence on the One who alone can accomplish the impossible.

As you continue through these 21 days of prayer and fasting, let the Father’s prayer become your own: “*I do believe; help my unbelief!*”

Bring every doubt, burden, and impossible situation before the Lord. Keep seeking Him with a surrendered heart. Trust that as you draw near to Him, He will strengthen your faith and accomplish His perfect will in you, for you, and through you.

First Baptist Church, you are loved, and you are sent!

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.RESPOND & P.R.A.Y.

- **Praise:** Praise God that He hears every prayer, even when it doesn’t seem that way.
- **Repent:** Confess your doubt honestly; God is not surprised by it.
- **Ask:** Ask God to reassure you of His presence and attentiveness to your prayers.
- **Yield:** Yield your need for visible proof and choose to trust what you cannot yet see.

FASTING REMINDER

The hunger you feel is real. So is His presence. He has not left you.

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “Have you ever prayed and wondered if God heard you?” Remind them God always hears.
- **For Teens:** Read Mark 9:24 together. Ask: “Do you relate more to ‘I believe’ or ‘help my unbelief’ right now?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 13 - “Heal Us” | Saturday, Aug 22 | 2 Chronicles 7:14
Beverly Gordon | Small Group & Prayer Leader

Scan to watch today's devotional.



READ: 2 Chronicles 7:14 | *Want more context? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

The first time I heard the plan of salvation, it was easy for me to trust Jesus with everything I had. So, I became one of God’s people at a young age. As an adult, not letting Him take over and direct my life daily turned out to be a sin for me that I didn’t even recognize.

My world crashed around me when someone that I love left everything they were ever taught. I tried to fix it with all that I knew to do. The situation got worse. I did what I always do when I need something: I prayed. Then I fasted and prayed. After two years, everything was worse.

One day I prayed, “God, I don’t know how long I can carry this burden. I need Your help. Forgive me for my lack of trust in You.”

The next day, I started up the steps to the Sunday service at FBCWG, the Lord spoke to me. He said, “Back off. You cannot fix this. If this is to be fixed, I will do it.”

I was immediately filled with the Holy Spirit and an overwhelming peace.

The problem is still not solved after 10 years. But I am trusting God to do His will and continue to give me His Presence and peace.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He is Jehovah Rapha, the God who heals.
- **Repent:** Confess any bitterness or wound you have been protecting instead of surrendering.
- **Ask:** Ask God to bring healing to a specific person, relationship, or area of brokenness.
- **Yield:** Yield the timeline of your healing to His wisdom and care.

FASTING REMINDER

Today you trade physical comfort for spiritual healing. The Lord sees that and will honor that.

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “Is there anyone who needs God to heal them? Let's pray for them right now by name.”
- **For Teens:** Ask: “Is there a relationship that feels broken? What would one step toward healing look like?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 14 - “Protect Us” | Sunday, Aug 23 | Psalm 91:1-2

Luz Velez, | Winter Garden Academy Director

Scan to watch today's devotional.



READ | Psalm 91:1-2 | *Want more context? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Shade and shelter are two important forms of protection. Shade protects us from the scorching rays of the sun, and shelter keeps us safe behind strong walls. In *Psalm 91*, God invites us to live under the shade of His protection and rest in the shelter of His care.

Life often brings storms, disappointments, and seasons that feel overwhelming. At times, circumstances may seem too difficult to bear, and we may wonder how we will make it through. Yet God reminds us that He is our refuge and fortress.

When we trust wholeheartedly in God, we can find peace in the middle of life's storms. Going through 5 miscarriages almost broke me, but in the end, God helped me see He was my shelter and protection.

I can rest knowing that He deeply cares for me and His love never fails. He is greater than every trial I have ever faced. He protects me and is more powerful than any challenge before me.

God does not promise a life free of difficulties, but He promises His presence and protection through them all. When He becomes our everything, we can stand firm, knowing that He is our shield, our refuge, and our safe place.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He is our refuge and fortress, a very present help in trouble.
- **Repent:** Confess the moments you sought protection in things other than Him.
- **Ask:** For God to cover your family, small groups, and our entire church family with His protection.
- **Yield:** Your weaknesses to His unlimited strength.

FASTING REMINDER

As you fast today, you place yourself under His shadow, where He protects you. And His shelter where He cares for you.

FAMILY DISCIPLESHIP

- **For Kids:** Read *Psalms 91:1-2*. Talk about what a fortress is. Ask: “How is God like a safe place for us?”
- **For Teens:** Ask: “Where do you feel most vulnerable right now? What does it mean to trust God as your protector there?”

Prompt: *How have you seen God working IN you and FOR you up to now? Tell us about it at fbcwg.org/story*

To submit a prayer request, go to fbcwg.org/prayer

Week Three | Work Through Me

Progress

"Ask whatever you wish, and it will be done for you... bear much fruit."

~Jesus in John 15:7-8~

How am I believing God to Work THROUGH ME?

Think: people, places, or purposes where you hope God uses your influence to make a difference.

Where do you sense God wants to use you to impact someone else in the days ahead?

I commit to fasting the following day(s) and way this week (be specific):

“All of God's people are sent; all of God's people are commanded to go. There is no special class of sent ones. So the question is no longer if we are sent, only where and how.”

~ J.D. Greear

To submit a prayer request, go to fbcwg.org/prayer

DAY 15 - “Fruitful” | Monday, Aug 24 | John 15:5

Bruce Roth | Small Group Leader

Scan to watch today's devotional.



READ: John 15:5 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

There are a great number of people wandering this world without purpose. This is not the case with us as Christians. We have purpose. We have been given a mission: to bear fruit.

In this passage, Jesus does not define for us what He means by fruit, but we find it in other passages. It is to make disciples. To share His love. To exhibit the fruit of the Spirit. To exercise our spiritual gifts. To shine His light into the world.

However, we cannot bear fruit on our own. We can only do this through a deep abiding relationship with the Lord Jesus Christ. This is the purpose of fasting and prayer: to deepen our relationship with Him, so that we can carry out His mission on earth.

But where do we start if we want a deep abiding relationship with Him?

The answer is in *Psalms 1:2-3*.

*...his delight is in the Lord's instruction,
and he meditates on it day and night.
He is like a tree planted beside flowing streams
that **bears its fruit** in its season,
and its leaf does not wither.
Whatever he does prospers.*

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He is the vine, He bears the fruit as we abide.
- **Repent:** Confess any striving to produce results apart from Christ.
- **Ask:** Ask God to produce lasting fruit through your life, family, workplace, small group, church. Select a mission partner from our list and pray for their fruitfulness today.
- **Yield:** Yield your activity to His agenda, prioritize abiding before doing.

FASTING REMINDER

You cannot produce fruit today. But you can stay connected to the Vine. That is enough.

FAMILY DISCIPLESHIP

- **For Kids:** Plant something small together. Talk about how fruit requires roots and time to grow.
- **For Teens:** Read John 15:5. Ask: “What does it mean to abide in Jesus on an ordinary morning or moment of the week?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 16 - “Responsive Hearts” | Tuesday, Aug 25 | Ezekiel 36:26
Clay Crosse | Worship Pastor

Scan to watch today's devotional.



READ | Ezekiel 36:26 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

In *Ezekiel 36:26*, God instructs the prophet Ezekiel to tell Israel:

“I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh.”

He then explains how the result will include filling them with his Spirit and relocating them to the land promised to their ancestors. God, their Father, loved them and wanted to see them on a better path and in a better place.

As a father, there were times when I would have to deal with a challenging situation with one of our children.

Perhaps they’d done wrong and were in a situation I couldn’t magically make go away or fix. It was in those moments I would have to say, “Look...let’s just start over, fresh. We won’t pretend the situation didn’t happen, but let’s ask, ‘what have we learned and how can we now best go forward?’”

Much like how God gave the Israelites a fresh start in today’s passage.

Through Jesus, we have the exact same offer. An offer for life change. An offer for healing. An offer of an across-the-board spiritual upgrade.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God where He has given you a heart of flesh where there was once a heart of stone. Be specific.
- **Repent:** Confess the ways your heart has been closed and hardened to what God has been saying.
- **Ask:** For God to give you and those you are called to serve and influence a responsive heart to His Word, work, and will today. Ask God to bless the work of our mission partners as they share and show the gospel.
- **Yield:** Yield your agenda and ask Him what He wants to do through you today.

FASTING REMINDER

An empty stomach creates space. Fill that space with a “yes” to whatever God says to you, and wherever He sends you. .

FAMILY DISCIPLESHIP

- **For Kids:** Play “Simon Says,” then talk about listening and obeying. Ask: “What is one thing God might be asking you to do?”
- **For Teens:** Ask: “Is there something God has been saying to you that you've been ignoring? What would it look like to say yes?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 17 - “Witness” | Wednesday, August 26 | Acts 1:8

Matt Wilder | Deacon

Scan to watch today's devotional.



READ | Acts 1:8 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Have you ever experienced the Holy Spirit come upon you, with empowerment to be a witness for Jesus? As ambassadors for Christ, He makes His appeal through us.

One day while driving for Uber, I picked up an old, bald man covered with burn scars from head to toe. In the recent past, dowsed with gasoline he had been set on fire at a gas station after an altercation.

During our conversation, he told me he wished things would just end so he could escape the pain. Direct skin exposure to the sun would send him into writhing pain. Even breathing was a chore.

In that moment, *Romans 8:18-23* came to mind and I shared the passage:

“For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us...”

He cried. The Holy Spirit filled me with compassion. Parked, I wept with him.

After then sharing the Gospel, he responded with a confession of sins, profession of faith in Jesus, and an expressed hope of eternal life.

Father God, send us. Holy Spirit, use us. Jesus, be glorified.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God for sending His Son so we could have a story worth telling.
- **Repent:** Confess the fears or comfort that have kept you from sharing your faith.
- **Ask:** Ask God to put one specific person on your heart to share the gospel with. Intercede for one of our international mission partners and their local community.
- **Yield:** Yield your reputation and comfort to the mission He has placed you in.

FASTING REMINDER

Picture those far from God but close to you. Consider their name and needs. You are fasting so they might know newness in Jesus.

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “Who at school doesn't know Jesus? Let's pray for them by name right now.”
- **For Teens:** Ask: “Who is your one? The one person you know who needs to trust fully and finally in Jesus? What's one step you could take to share and show Him with them?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 18 - “Expectation” | Thursday, Aug 27 | Ephesians 3:20-21
Jessica Meade - Foundation Academy, Lakeside Principal

Scan to watch today's devotional.



READ | Ephesians 3:20-21 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Merriam-Webster defines expectation as something one might consider probable or certain – an assurance. Do you have an assurance that God is still there, still listening, still chasing you down and wanting to draw closer to you? Maybe you have prayed or longed for something from Him for so long and it hasn't happened and you've stopped believing? Or, maybe you still believe that God *could* answer your prayers, but you're not really *expecting* Him to...

There have been times in life where prolonged suffering or seemingly stagnated prayers have left me feeling less than expectant. But, *Ephesians 3:20-21* reminds us that not only is God able, He is the *above-and-beyond* God. He is the one who can answer prayers, give us breakthroughs, heal hearts, and provide for our needs. Better still, He can do it in ways that our minds have not yet entertained.

God is able to do above and beyond things using ordinary people like you and me because we have the power of the Holy Spirit living within us. If it's been a long journey and you've stopped *expecting* God to act, stopped *expecting* God to use you...I challenge you today to stand on His promises – and whether you “feel” it or not – **expect** Him to do great things. To God be the glory!

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that He is able to do immeasurably more than all we ask or imagine.
- **Repent:** Confess the low expectations you have brought to prayer through functional unbelief.
- **Ask:** Ask God to do something specific and significant in your church, family, or city. Pray for our mission partners in Florida and the US to see significant spiritual breakthroughs.
- **Yield:** Yield your vision to His bigger plans. Dare to ask for more.

FASTING REMINDER

Today's hunger is tomorrow's harvest. Fast with expectation.

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “If you could ask God for one big thing for our family, what would you ask?” Pray it together, out loud, boldly.
- **For Teens:** Read Ephesians 3:20. Ask: “What's the biggest thing you're hoping God will do? How is that showing up in prayers?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 19 - “Intercession” | Friday, August 28 | 1 Timothy 2:1-4
Alan Strong - Adult Discipleship Pastor

Scan to watch today's devotional.



READ | 1 Timothy 2:1-4 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Have you ever found it hard to pray for people you disagree with?

Paul doesn't give us an escape route here. He calls us to the deep work of intercession, standing in the gap for everyone, including political leaders, bosses, or family members who challenge our patience.

These are the very people who hold leverage over our peace, our livelihoods, and our identities. Intercession isn't about endorsing someone's behavior or giving them a free pass; it's about aligning our hearts with a Savior who desires their salvation.

When we engage in this kind of prayer, we step into God's heart. It forces us to repent of our bitterness and control, trading our complaints for kingdom purposes.

We ask God to give our political leaders, bosses, or family members wisdom and to open their eyes to the truth, recognizing that a quiet, dignified life allows the gospel to spread smoothly.

Finally, we yield our own preferences and anxieties to His sovereign plan, trusting that He is moving.

Who can you intercede for today?

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that Jesus Himself intercedes for us at the Father's right hand.
- **Repent:** Confess the people and places you have failed to pray for because life got busy.
- **Ask:** Lift up the names of our local mission partners in Winter Garden and ask God to open wide doors for their ministry.
- **Yield:** Yield your personal prayer list today and spend this time entirely praying over the names and needs of others.

FASTING REMINDER

Today you give up your meal so someone else might receive grace. More than words, this is intercession embodied.

FAMILY DISCIPLESHIP

- **For Kids:** Give each family member a name from the mission partner list. Pray for them together by name.
- **For Teens:** Look at the Mission Partner list together. Ask: “Which of these most resonates with you? How might we get involved?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 20 - “Generosity” | Saturday, Aug 29 | 2 Corinthians 9:6-7
Don Kenaley - Executive Pastor

Scan to watch today's devotional.



READ | 2 Corinthians 9:6-7 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

There was a little small bike shop in Humble, Texas, that I used to visit on a regular basis. It was old and no bigger than a large bedroom. The owner was an unassuming Christian gentleman usually dressed in faded cargo shorts and a heavily worn T-shirt. Usually wearing black slip-on kids’ tennis shoes.

One day when I walked in the shop, the owner was having a conversation with several gentlemen about giving, so I gathered around the other gentlemen and listened in. The owner made the comment that he had never been able to outgive God. He started giving a couple hundred dollars per year, which grew into \$1,000.00 per year. That's when he decided to see if he could outgive God. He started increasing his giving, first \$3,000, then \$10,000, then \$20,000, \$50,000, \$80,000, and his goal that year was \$100,000.00.

The bike shop owner experienced that God was increasingly generous as he himself learned to be more generous. In verse 6, we see that we reap in measure with how we sow. The question he asked was, do you want to reap a little or in abundance?

As the owner continued to share, you could see the joy in his face and hear the excitement in his voice. His only desire was that others would be blessed through his giving and that God would be glorified. In verse 7, we see that the attitude of the giver, the heart of the giver, is critically important to God. Do we give reluctantly or out of compulsion, or do we give cheerfully because we desire others to know Jesus and God to be glorified?

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that he gave Himself for us willingly, not reluctantly or holding anything back.
- **Repent:** Confess any tightness of hand or heart that has kept you from giving freely, putting the Lord first in your finances.
- **Ask:** Ask God to show you one specific way you could be generous toward others, as Christ first was toward you. Pray that God would provide abundantly for the needs of our mission partners.
- **Yield:** Yield your resources to His purposes, that you might sow generously into His purposes and see a harvest.

FASTING REMINDER

Fasting is generosity toward God. You are giving Him your hunger, time, and full attention.

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “What is one thing you could give to someone today or tomorrow, time, a kind word, something you own?” Do it together.
- **For Teens:** Ask: “What would it look like to be a genuinely generous person with what you have right now?”

To submit a prayer request, go to fbcwg.org/prayer

DAY 21 - “Sent to be Spent” Sunday, August 30 | Acts 13:1-4

Jeremy Woods - Pastor

Scan to watch today's devotional.



TODAY'S READING | Acts 13:1-4 | *Want more? Read the full chapter.*

DEVOTIONAL THOUGHT | *Prefer to watch? Scan the QR code above.*

Acts 13:3 describes a moment in the Church at Antioch where, “*after fasting, prayer, and laying hands on [Paul and Barnabbas], they sent them off. 4 So being sent out by the Holy Spirit, they went...*”

Before Paul and Barnabbas **went**, they first had to be **sent**. All in response to prayer and fasting. Why? God’s work might spread through them on the first missionary journey, leading to a church planting movement.

The churches, baptisms, miracles, and disciple-making progress we see **today** are the fruit of Paul and Barnabbas being sent on **this day** in *Acts 13*.

These past 21 days were meant to help us **see ourselves as sent**. While God’s work is for you, it’s not just about you. It’s meant to continue through you in the everyday settings where you live, learn, work and play.

In your devotional guide, there’s a section titled: “**Now What?**” This is meant to help God’s work increase in you, for you, and through you. After all God’s done for us, why would we settle for anything less?

The gospel came to you, on its way to someone else. What place, person or purpose might that be? FBC, you are **loved** and you are **sent**.

REFLECT | *How is God speaking to you today? Write 1-2 sentences below.*

RESPOND & P.R.A.Y.

- **Praise:** Praise God that the same Spirit who sent the church at Antioch lives in you, and that He is still sending His people today.
- **Repent:** Confess any hesitation, fear, or comfort that has kept you from stepping fully into God’s calling.
- **Ask:** Ask God to make crystal clear what He is sending you into from this day forward. Specifically, not generally. Pray for wisdom for our mission partners and our future church planting efforts.
- **Yield:** Yield your plans for this Fall and beyond. You are not your own; you have been bought with a price and sent with a purpose.

FASTING REMINDER

21 days of fasting end here. Now the fast becomes more than a season of life, but a way of life. Let’s go!

FAMILY DISCIPLESHIP

- **For Kids:** Ask: “What do you think God made you to do? What are you good at that could help others?” Dream together.
- **For Teens:** Ask: “As these 21 days end, what is one thing you want to be different? What is God sending you into?”

Prompt: *How have you seen God working IN you, FOR you and THROUGH you over 21 days?*

We’d love to hear all about it at fbcwg.org/story

To submit a prayer request, go to fbcwg.org/prayer

Now What?

21 days of prayer and fasting are complete. But God's work **in** you, **for** you, and **through** you is not. These 21 days were meant to move you beyond the limits of **comfort** and **control** that you might walk more **closely** with God.

Here's Some Ways You Can

1. Love God with all You've Got | Fast, Pray, Worship

- **One fast day weekly or monthly**, same day, same meal(s). Calendar it. Tell one person.
- **P.R.A.Y.** each morning for 5 minutes. Build from there.
- **Prioritize corporate worship** with your Church Family: Sundays at 8am, 9:30am or 11am.
- **Attend Starting Point** to get meaningfully connected and continue making progress. Register at fbcwg.org/starting-point
- **Go Deeper** - See Resources on the last page of this booklet.

2. Love Others as Christ first Loved You | Share, Serve, Connect

- One of the most loving and powerful things you can do right now is **tell someone what happened**. Your story is not just yours, it belongs to your church family. Share your story at fbcwg.org/story
- **Serve** - If not already, join a serve team at First Baptist.
- **Connect** - If not already, join a Small Group or stay invested and involved in your current Small Group.

3. Live Sent | Give, Go, Multiply

- **Give** - Take a step of generosity, put God first in your finances.
- **Go** - Be a witness to those far from God but close to you; look for ways to get involved with one of our Mission Partners.
- **Multiply** - Consider multiplying a new Small Group that will attract new people who the Lord keeps drawing into our Church family.

The IN STEP Prayer for 2026

*Lord, **show me** where I'm out of step with you.
Show me where I'm too comfortable to **obey** you.
Show me where I need to stop controlling and start **trusting**.
This year, help me be at **peace** with your **pace**...
... while **in step** with your plan.
In Jesus' name. Amen.*

Praying for Mission Partners

We fast and pray not just for ourselves but for every mission partner God has called us to love and lock arms with in spreading the gospel.

Use this list as a reference point and prayer list throughout “Step Down” and in the days that follow:

Our Jerusalem | Winter Garden, Central Florida

Foundation Academy: Partnering with families to build a Biblical worldview through Christ-centered education.

Pray: For FA administration, faculty, students, and families.

Winter Garden Academy: Guiding children from infancy through Pre-K to learn and grow in Christ.

Pray: For Director Luz Velez, staff, and every child and family they serve.

Fiona Jackson Center for Pregnancy Winter Garden, FL

Saving babies from abortion and teaching women their identity in Christ.

Pray: For babies' lives to be saved and women to find healing in Christ.

To submit a prayer request, go to fbcwg.org/prayer

Backpack Packing Program | Maxey Elementary: Serving over 3,000 meals to students through our partnership with One More Child.

Pray: For the children and families who receive the backpacks.

The Hope Center: Providing food assistance, homeless prevention, job placement, and free counseling.

Pray: For leadership, clients, and practical open doors to share the gospel.

Our Judea and Samaria | Florida & US

One More Child: Meeting the needs of hurting children and families through residential care at 50+ locations.

Pray: For leadership, house parents, and the children in their care.

North American Mission Board (NAMB): Planting churches, supporting chaplains, and fighting human trafficking across North America.

Pray: For revival in North America and the missionaries NAMB supports.

Florida Baptist Convention: Advancing the Kingdom through the Maguire State Mission Offering—funding church plants statewide.

Pray: For fellow Florida Baptist churches and gospel advancement across our state.

Greater Orlando Baptist Association (GOBA): Supporting local churches in multiplying disciples and churches across Central Florida.

Pray: For the Association's work and the churches they serve.

Ends of the Earth | International

The Bishop Family: Nathan, Becky, and their six children building a disciple-making movement across the UK.

Pray: For Nathan, Becky, and their six children—safety, fruitfulness, and gospel breakthrough.

Jason and Lizzie Davis | Breccia di Roma: IMB missionaries leading a grassroots church planting effort in Rome, Italy.

Pray: For Jason, Lizzie, and the church planting work in Rome.

E3 Partners | Siguatepeque, Honduras: Blending evangelism with medical care through a mobile clinic alongside local pastors.

Pray: For the team going, local pastors, and the people of Siguatepeque who need the gospel.

New Missions | Haiti and Dominican Republic: Establishing local churches and Christian schools, education, food, and medical care for 30+ years.

Pray: For leadership, staff, as well as the children and families they serve.

Future | Church Planting Opportunities: FBC leadership is actively seeking and praying through strategic, church planting partnership opportunities for our church.

Pray: For God to give wisdom and discernment in selecting and supporting our next Church Planting partner(s).

To submit a prayer request, go to fbcwg.org/prayer

Going Deeper

The 21 days are just the beginning. Here are some trusted resources to help you continue:

Recommended Reading:

- **God's Chosen Fast by Arthur Wallis** - One of the most theologically rich books on fasting available.
- **Just Ask by J.D. Greear** - A compelling vision for bold, persistent prayer.
- **Praying Like Monks, Living Like Fools by Tyler Staton** - A practical guide to building a sustainable daily prayer life.
- **Fresh Wind, Fresh Fire by Jim Cymbala** - A stirring account of what happens when God's people commit to pray.

Websites

- danielfast.com/faq - practical Daniel Fast guidance
- jentezenfranklin.org/how-to-fast - accessible introduction to fasting

Podcasts

- Desiring God by John Piper → Search “prayer and fasting”
- Rule of Life by Practicing the Way → Fasting series episodes

STEP DOWN



21 DAYS OF PRAYER & FASTING

I am the vine; you are the branches. Whoever **abides** in me and I in him, he it is that bears **much fruit**, for apart from me you can do **nothing**.

~ Jesus

To share a **prayer request**: fbcwg.org/prayer

To share the **good**: fbcwg.org/story

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