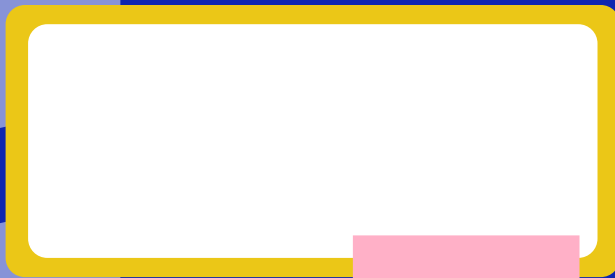


**OF PRAYER
& FASTING**

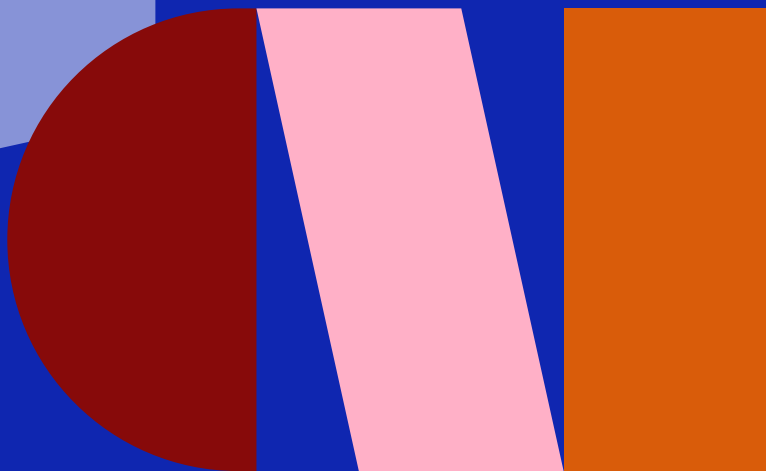
2025 ENGEDI CHURCH

days



name

*Note: Scripture
is NIV unless
otherwise noted.*



We want to begin this new season by reading, praying, and fasting.

Reading Scripture for the purpose of immersing our minds, hearts, and souls in God's Word. Praying, which includes asking, seeking, waiting, watching, and listening.

Fasting, by giving up food, media or entertainment, to discover a greater hunger for God as the Supreme source for our every need.

If you don't already have an intentional devotional plan for the New Year, this 21 day plan can help! This devotional will serve as a spiritual guide. Each morning carve out 10-15 minutes to read, reflect and respond. As you go throughout your day – determine to fast something. Few things open our eyes, ears, and hearts to the Lord, like fasting. In the evening or before you go to bed, take a few minutes and read the evening devotion. If you miss a day, just pick it back up and keep going. The secret is to just do something, and to begin doing it every day. And, if you can do something for 21 days – you can do it all year!

Can you imagine where your heart, mind, and soul will be next year at this time if you develop practices now that continue for the next twelve months?



DAY 1 // MORNING

READ: DANIEL 6:10

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

REFLECT:

Daniel is in Babylon (modern-day Iraq). A law is passed that makes it illegal to worship, or pray to any God except to King Darius.

To disobey, meant death.

What would you do?

How would you respond?

The Text tells us that three times a day Daniel "went home," opened the windows, and faced "toward Jerusalem... got down on his knees and prayed."

Two statements are insightful and inspiring regarding Daniel's perspective and fortitude. Verse 10 says that Daniel was "giving thanks to his God." Under the threat of death, Daniel is not complaining about Darius, rather he is praising God. The last part of verse 10 sheds light on the secret ingredient of Daniel's strength.

"Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before."

Daniel had a daily rhythm of praying every morning, noon, and night. Daniel's daily spiritual habits enabled him to have strength and fortitude during difficult seasons of life.

The same is true of us.

We will never be able to stand under the enchantments of temptation, the sway of culture, and public opinion unless our private life is rooted in time alone with God, His Voice, and His Word.

RESPOND:

When do you set aside time to engage Scripture, pray, and listen to God?

As you enter this new year, start with a plan:

- Pick a time and a place where you will spend time with God each day.
- Write down the time and place.
- Share this plan with your CABLE group, a family member, or a close friend for accountability.

Write down 4 to 5 things that are important enough to be a part of your everyday or weekly schedule.

(Examples: Reading the Bible, time alone praying, family time, exercise, going to church, being a part of a CABLE group).

NOTES

DAY 1 // EVENING

READ: PSALM 1:1-6

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.

REFLECT:

The particular tree described here has amazing root systems. These roots go down beneath the surface 80 to 100 feet. Often, the roots go deeper down than the height of the tree above the ground. Psalm 1 says that when we *meditate* on God's Word, we begin to develop a deeply rooted system.

PRAY:

Spend a few minutes praying for yourself, your immediate family, and the Engedi Church Community. Pray that something powerful will begin to happen over the next 21 days.

May our roots, like the tree described in Psalm 1:3, begin to grow deep and produce much fruit and stability in this coming year.

NOTES





DAY 2 // MORNING

READ: LUKE 5:15-16

Yet the news about him spread all the more so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

REFLECT:

On several occasions, we're told that Jesus and His disciples experienced so many people coming to them, that they didn't even have time to eat. It's notable, however, that the needs of the crowds did not dictate Jesus' schedule. Jesus demonstrates a schedule that incorporates both times of great activity and intentional time alone.

Verse 16, tells us that **"Jesus often withdrew"** by himself **"and prayed."** Jesus knew, if he did not preserve time alone with God, he would ultimately be of no use to the people.

So many people say, "I'm so busy..."

I don't have time to pray...

or read my Bible...

or go to church...

or be a part of a small group..."

Regardless of how busy we think we are; Jesus was busier. Jesus never said, "I don't have time."

Rather, Jesus made time for what was most important. He got alone with God.

RESPOND:

In certain seasons of our life, there are "good" things that crowd our schedule and keep us from doing the "most needed" things: engaging in Scripture, praying, and being in community with others.

Consider the exercise of keeping track of your time for 7 days. From the moment you wake up, until you go to bed, write down what you are doing and where you are doing it. This simple exercise can be extremely helpful in showing you how you are spending time daily. As a result, we often discover that it's not so much that "we don't have time" for a specific activity, but rather "we're not *making* time."

Create a note on your phone, or grab a pen and notebook, and track what you do for a week. Each day, and at the end of the week, review where you spent your time and energy, and talk to God about anything that may need to change.

NOTES

DAY 2 // EVENING

READ: PSALM 90:1-17

REFLECT:

Re-read verse 12. The Psalmist states the obvious, our days are numbered. Our time here on earth as the Book of James says is, "a vapor" (James 4:14). Thus, the Psalmist says, "wisdom" is to recognize this and live with a God-focused intentionality.

RESPOND:

"God, I thank you for my life. It is a gift. You have placed me on the earth, at this time for a Divine purpose. Help me to focus my schedule, number my days, and live with a passionate pursuit of that purpose."

NOTES





DAY 3 // MORNING

READ: ECCLESIASTES 3:1-8

There is a time for everything, and a season for every activity under the heavens: ²a time to be born and a time to die, a time to plant and a time to uproot, ³a time to kill and a time to heal, a time to tear down and a time to build, ⁴a time to weep and a time to laugh, a time to mourn and a time to dance, ⁵a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, ⁶a time to search and a time to give up, a time to keep and a time to throw away, ⁷a time to tear and a time to mend, a time to be silent and a time to speak, ⁸a time to love and a time to hate, a time for war and a time for peace.

REFLECT:

King Solomon skillfully and poetically reflects on time and seasons of life. In short, there's a time to do things and a time not to; a time to start, and a time to stop.

This week, we've been reflecting on our schedules and how we spend our time.

In this season of your life is there anything you're sensing that God is saying, "it's time to *stop* doing"? It could be a bad habit, unhealthy pattern of communication with those you love, or simply a way of spending your time that might not be negative.

On the other hand, is there something God is prompting you to *start doing*?

RESPOND:

Take a few minutes and talk to God about the above reflection questions.

Write down what you sense God is saying to you.

Talk to a trusted friend, or your Cable group about these aspects. Discover your next step.

DAY 3 // EVENING

READ: PSALM 116:1-19

REFLECT:

What verse stuck out to you as you were reading?

RESPOND:

Reread that verse or verses and turn them into a personalized prayer.

Rewrite the verse in your own words, as if you had written it yourself.

Pray the contents of this prayer back to God.

NOTES





DAY 4 // MORNING

READ: DEUTERONOMY 6:4-5

Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength.

REFLECT:

Consider the all-encompassing words God spoke to His people.

We are to love the LORD with all our being, in every arena of our lives.

In the passage above, circle all the words that describe the parts of our being that we are to employ in loving God. (Hint: you should have 3 circles)

Compare **Deuteronomy 6:4-5** with Jesus' words in **Matthew 22:34-40**.

What observations do you make?

The English word "**strength**," is the Hebrew word *mo'ed*. It literally means, "muchness." Understandably, that makes for a strange translation into English, "Love the LORD your God with all your *muchness*." As such, most English Bibles translate *mo'ed* as "strength." This may also be why Matthew 22 reads "mind and strength." It's trying to capture the true essence of *mo'ed* – *muchness*.

Interestingly, ancient Aramaic scholars translated "*mo'ed*" to mean "wealth." They considered our use of money to be a concrete demonstration of our love and devotion (or lack thereof) to God. Thus, "*Love the LORD your God with all of your heart and with all of your soul and with all of your muchness – stuff/resources/money/possessions.*"

RESPOND:

Now, prayerfully reflect on the circles from the above passage.

What does it look like to love God in each of these areas of our being?

Which of the circled areas is easiest for you to love God?

Which of these areas do you struggle to intentionally love God?

DAY 4 // EVENING

READ: PSALM 118:1-29

Read this passage out loud.

REFLECT:

What verse(s) stuck out to you as you were reading?

RESPOND:

Talk to God out loud. Make your own list of things that you're thankful for.

NOTES





DAY 5 // MORNING

READ: DEUTERONOMY 6:4-9

Hear, O Israel: The LORD our God, the LORD is one. ⁵ Love the LORD your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.

REFLECT:

In the passage above, circle the various arenas of life that we are to talk about and integrate into our journey with God. (Hint: you may circle up to 9 things)

Which of the above areas do you find it easy to integrate and talk about, relating to your faith?

Is there an area where you have not considered doing this, or struggle to integrate into your life?

RESPOND:

Spend a few minutes praying for your family and those closest to you. (If you have children and/or parents, pray specifically for them.)

DAY 5 // EVENING

READ: PSALM 145:1-21

REFLECT:

Reread verse 4.

It reminds us that faith in God is meant to be a **"generational"** blessing that one generation passes on to the next. This is an amazing gift when it happens. Unfortunately, this isn't always the case.

The Bible demonstrates and history confirms that when one generation becomes complacent, the next generation tends to drift away from God. Before long, integrated faith and trust in God can disappear.

RESPOND:

Pray specifically for those over 50 years of age that are a part of Engedi.

We all have life experiences, wisdom, insights, and knowledge that needs to be shared with the next generation(s).

If you are over 50, is there anyone you are intentionally sharing your life, experiences, and wisdom with?

Pray that God would put people in your life, to share the faithfulness of God and the wisdom of living that you have acquired.

If you are under 50, do you have an older, more mature person to whom you look to for insight, counsel, and feedback? If you don't have an older, more mature voice in your life, pray and ask God to help you find someone.

NOTES





DAY 6 // MORNING

READ: DEUTERONOMY 6:4-9

Hear, O Israel: The LORD our God, the LORD is one. ⁵ Love the LORD your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.

REFLECT:

Consider the words God spoke to His people. Notice how the all-encompassing nature of God is to be integrated into every arena of family life and activities.

Take some time to go through each person in your immediate family—ask God how He is leading you to love them and lead them through this next season of life.

Take some time to give God thanks for the gift of family He has given you.

RESPOND:

The passage above gives several examples of how we can integrate faith into our interactions and conversations with family members and others.

When, where, and how do you have spiritual conversations with your immediate family and others that are closest to you?

What could this look like over the next several months?
(Write down some practical ideas to implement)

DAY 6 // EVENING

READ: PSALM 78:1-72

REFLECT:

What verse(s) stuck out to you as you were reading?

RESPOND:

Reread that verse or verses and turn them into a personalized prayer.

Rewrite the verse in your own words, as if you had written it yourself.

Pray the contents of the prayer back to God.

NOTES





DAY 7 // MORNING

READ: DANIEL 10:2–3

At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

REFLECT:

Daniel is living during some crazy and chaotic times. Governmental superpowers and ancient empires are battling it out for the center stage of global dominance.

Daniel, however, doesn't merely sit and watch the events unfold, he believes that his life and prayers can make a difference.

Daniel prays.

He goes without food and fasts.

As Daniel Chapter 10 unfolds, we see that Daniel's prayers make a difference.

May we follow this example.

RESPOND:

Let's take it a step further.

Consider right now, how and what will you fast in this coming week.

Consider fasting a meal or two each

day. You could also fast certain types of media consumption like *Netflix*, *Social Media*, etc.

Take the time you would normally spend eating (*Netflix*, etc) and spend it reading Scripture and praying in more focused and intense ways.

Write down what you will do next week and talk to your family, close friends, or Cable group about your plans.

(For example: I will fast everyday over lunch and spend that time reading through the Gospel of Mark. Rather than watching *Netflix* this week, each night from 8:00pm–9:00pm I will worship and pray.)

“Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.” (Dallas Willard)

Fasting is feasting on God.

DAY 7 // EVENING

READ: PSALM 11:1-7, PSALM 12:1-8, AND PSALM 13:1-6

REFLECT:

Psalms chapters 11 to 13 take us on a journey.

God is in control and sees everything (ch.11).

The world is in chaos (ch.12).

We have a responsibility to seek God, cry out to Him, and trust in God's faithfulness (ch.13).

RESPOND:

"God, begin to burden me with the state of our world and the desperate need for Jesus of those around me. Help me to see You at work in the midst of the chaos all around. Show me where I am to be a voice in the wilderness."

NOTES



DAY 8 // MORNING

READ: EPHESIANS 4:14

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

REFLECT:

Paul paints a powerful picture that is as true today, as it was when he penned these words. He says, people are prone to be **"tossed back and forth by the waves, and blown here and there by every wind of teaching..."**

Paul is writing to Christians in the city of Ephesus.

Located on the Aegean Sea (modern day, western Turkey), it was one of the largest and most trafficked ports of the First Century. Everyone in the city knew about ships, sailing, and understood Paul's imagery drawn from the sea.

Paul says, all of us can be like ships tossed back and forth by the waves. These **"waves"** that change in velocity, volume, and direction in a moment's notice, cause the ship to **"toss back and forth."**

Like ships, we experience the ever changing currents and waves of popular culture, political correctness, social trends, and media propagated norms. If we're not careful, our minds and what we believe; our hearts and internal affections; even how we live our lives will become shaped by the waves of current culture, rather than God's Word.

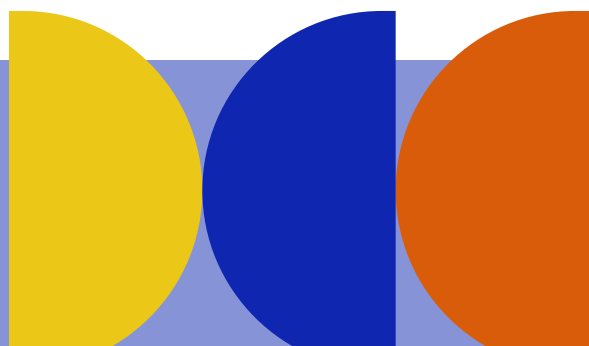
This passage provokes a powerful reflection: Are my beliefs, passions, and lifestyle built upon God's Word? Or, are they continuously shaped by the winds and trends of this present age and the world I live in?

RESPOND:

"God, I desire truth to reside and rule from the center of my being. I desire to be shaped by Your Will, Your Word, and Your Ways. Holy Spirit, show me any of the ways that my beliefs and ways of thinking are built on the "foolishness" of this world, rather than the "wisdom" of Your eternal Word.

"Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

(Romans 12:2 Message Bible)



DAY 8 // EVENING

READ: PSALM 27:1-14

REFLECT:

Go back and reread verses 4–8.

The New Living Bible reads, **The one thing I ask of the LORD— the thing I seek most— is to live in the house of the LORD all the days of my life, delighting in the LORD’s perfections and meditating in his Temple.** (Psalm 27:4 NLT)

The Psalmist says, there are essentially two things he seeks most. Essentially, 1) dwell in God’s Presence, and 2) meditate on God’s Word. The Psalmist, then shares from experience, that when he engaged these two practices, he was able to endure any trial or trouble that he experienced. Spending time in God’s presence (in prayer and worship) and meditating on God’s Word results in strength and endurance to persevere through the hardships of life.

RESPOND:

In verse 8, the Psalmist shares a conversation between himself and God.

**My heart has heard you say,
“Come and talk with me.”**

**And my heart responds,
“LORD, I am coming”
(Psalm 27:8 NLT)**

God is saying the same thing to us, **“Come and talk with me...”**

May our hearts resound, **“LORD, I am coming!”**

Spend some time simply talking to God, as you would a friend.

Tell him about your day – the highlights and the lowpoints.

Give thanks.

Ask for forgiveness.

Look to Him for help.

God wants to talk with you.



DAY 9 // MORNING

READ: JOHN 18:37-38

"You are a king, then!" said Pilate. Jesus answered, "You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me." "What is truth?" retorted Pilate. With this he went out again to the Jews gathered there and said, "I find no basis for a charge against him.

REFLECT:

Pilate asks Jesus, what seems like a relevant question, "What is truth?" Today, we don't ask that question as much. In fact, many have concluded there is no definitive, or absolute truth. "It's all relative," they say. "You choose for yourself. You decide. Do what feels right to you."

This is the *wisdom* of our age.

Do what's right in your own eyes.

For there to be absolute truth, someone has to decide what is true and declare it. Who has the right or authority to do that? Only God could do such a thing. And that's a true statement. This is where Pilate erred in his asking. He failed to understand to Whom he was proposing the question about truth.

Jesus Himself unashamedly declared, **"I am the way. I am the truth. And, I am the life."**

Truth isn't merely a principle, precept, or philosophical pondering.

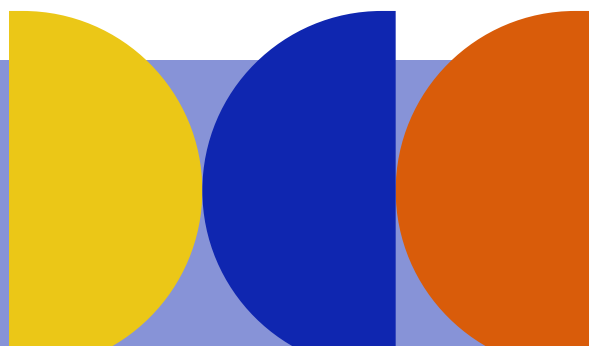
Truth is a Person.

Jesus is the Truth.

Therefore, it is the duty of the wise to reflect on the Words and actions spoken and demonstrated by Truth Himself.

RESPOND:

Read these verses from Psalm 119:12-20 out loud as a prayer:
Praise be to you, LORD; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word. Be good to your servant while I live, that I may obey your word. Open my eyes that I may see wonderful things in your law. I am a stranger on earth; do not hide your commands from me. My soul is consumed with longing for your laws at all times.



DAY 9 // EVENING

READ: PROVERBS 2:1-22

REFLECT:

Go back and reread verses 4–8.

Look back at verses 1–4.

Pay close attention to the words and images we are encouraged to demonstrate while seeking God, and the wisdom that only comes from Him.

As it relates to wisdom, you are instructed to:

accept, store up, turn your ear, apply your heart, call out, cry out aloud, look for silver, and search for hidden treasure

These are passionate action words.

RESPOND:

Imagine that someone followed you around for a week and observed your relationship with God, your times of worship, prayer, and engagement of Scripture.

What words would they use to describe you in these areas?

Would they use any of the words found in Proverbs 2:1–4?

What words would you like to describe your relationship with God, your times of worship, prayer, and engagement of Scripture?

What's your next step in getting there...?



DAY 10 // MORNING

READ: EXODUS 34:6

Then the LORD passed by in front of him and proclaimed, "The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth..."

REFLECT:

In this passage we learn a lot about God and what He is like. One of the words used to describe God is "truth." Some translations read, "faithfulness." The word for "truth" here is the Hebrew word "emet." In Hebrew, the word is made up of three letters (אמת). Reading right-to-left, this word starts with the first letter of the alphabet, Aleph (א). The second letter is Mem (מ), which is the middle letter of the alphabet. The word emet (אמת) ends with Tav (ת), the last letter of the Hebrew alphabet.

Observing that this three-letter word is made up of the first, middle, and last letters of the Hebrew alphabet, Jewish rabbis point out that this teaches us that truth encompasses all things, and endures from the beginning to the end.

In other words, truth holds the world and societies together. When truth becomes questionable, debatable, up for grabs, and exchangeable for fads, fashion, and public opinion – there will be a consequential disintegration of a culture's moral bearings, the nucleus of the family, and the caliber of one's character.

Without "emet" (אמת), we are left with "met" (מת), which is the Hebrew word for "death."

The Way of God and His Truth, leads to Life. All other paths lead to death.

The author of Proverbs penned, "There is a way that appears to be right, but in the end it leads to death" (Proverbs 14:12).

The Book of Judges makes the following observation of one of the darkest times in Israel's history. He writes, "In those days Israel had no king; all the people did whatever seemed right in their own eyes" (Judges 21:25).

The outcome of this path, as well illustrated in Scripture, was death and decay of cultures, families, and individual lives.

This summary from the Book of Judges is as applicable to the day and age in which we live, as it was to Israel. If we continue this path as a people, we will see the consequences more and more.

Change begins with us, the followers of Jesus (see 1 Peter 4:17).

May we be a people who do what is "right" not in "our own eyes," but in the eyes of God.

This path is found only in God's Word to us – the Bible.

RESPOND:

Read these verses from Scripture out loud as a prayer:

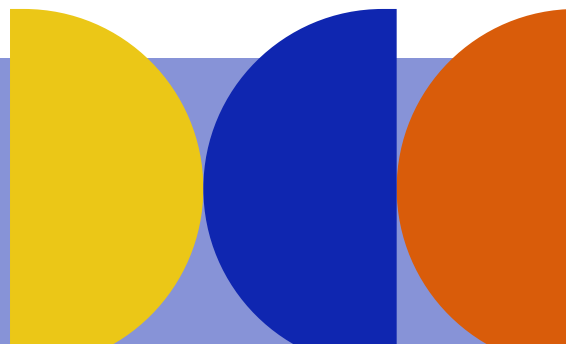
Holy Spirit, "Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long" (Psalm 25:5).

Would you "Sanctify me by the truth; your word is truth," (John 17:17).

"Spirit of truth, come," and "guide me into all the truth," (John 16:13).

I long to be free. Help me to "know the truth, and the truth will set me free" (John 8:32).

***"I am the Alpha and the Omega,
the First and the Last,
the Beginning and the End."
(Revelation 22:13)***



DAY 10 // EVENING

READ: PROVERBS 4:1-27

REFLECT:

Reread verses 20–27.

Proverbs talks about our ears and what we listen to; our eyes and what we look at; our hearts and what we ponder deep inside.

We are told to **“guard our hearts.”**

As you reread these verses, what stuck out to you?

RESPOND:

Spend a few minutes asking God to help you **“guard your heart,”** which includes being aware of our ears and what we listen to; our eyes and what we watch or look at; our hearts and what we ponder deep inside.

NOTES

A large, empty rectangular area with a light pink background, intended for taking notes.



DAY 11 // MORNING

READ: JOHN 16:13

But when he, the Spirit of truth, comes, he will guide you into all the truth.

REFLECT:

Jesus said, that one of the roles of the promised Holy Spirit was to **"guide"** us into **"all the truth."**

In another place, Jesus said that God's **"word is truth"** (John 17:17).

Once again, we are reminded that Truth is ultimately, not a concept, precept, or philosophical principle, it is a Person.

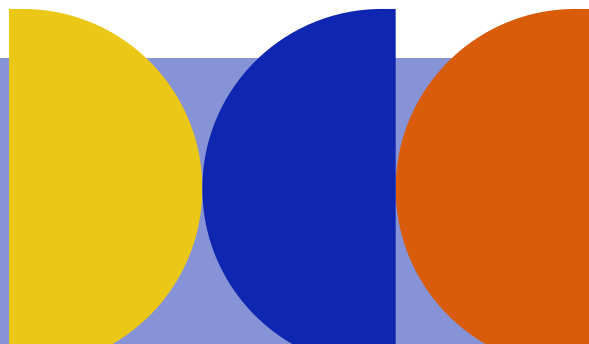
The Gospel of John declares that Jesus is the Word taking on skin and bones. He demonstrates to us what it looks like to live into God's truth.

We grow in our understanding of truth and become able to live out that truth in our daily lives as the Spirit of Truth guides us every day, in every arena of our lives.

RESPOND:

Begin praying this simple prayer, everywhere you go, every day.

"Spirit of God, lead me and guide me. Help me to be a faithful person, demonstrating Your truth. Show me any of the voices around me that have or are seeking to enchant me and direct me away from Your Will, Your Word, and Your Ways."



DAY 11 // EVENING

READ: PSALM 63

REFLECT:

As you were reading, what verse(s) stuck out to you?

RESPOND:

Reread verses 1–8 out loud as a prayer.
(Feel free to interject your own words and thoughts as you prayerfully read back through these verses.)

NOTES



DAY 12 // MORNING

READ: JOHN 8:31-32

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

REFLECT:

This verse provides a powerful promise, "**you can be set free.**"

Who doesn't want that?

Free from shame, guilt, and the burden of sin.
Freedom from regret, past failures, and the pain of betrayal and abuse.
Freedom from addictions and bondage to sin.

The word "free" speaks of a slave or prisoner of war being released and liberated.

The chains are broken.
The shackles are shattered.

Here's the truth: every human born is enslaved to sin.

It's in our "nature."

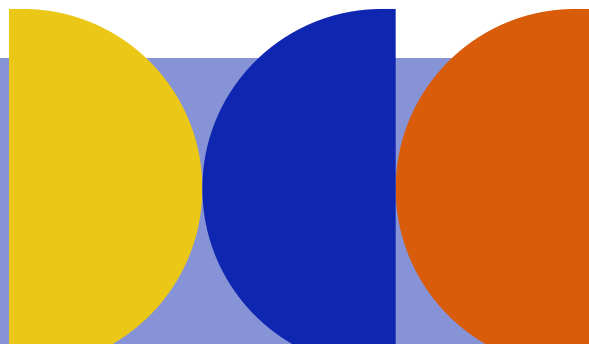
Just visit your neighborhood preschool as a case study in selfishness. No one teaches a toddler to say, "No" or "Mine." It naturally comes out of them.

The stain of sin runs deep.
Jesus came to bring freedom.
In Jesus, we can be free.

RESPOND:

Read these verses from Scripture out loud as a prayer:

Jesus, I am grateful that you "**came to destroy the works of the devil**" (1 John 3:8). You "**came to seek and to save the lost**" (Luke 19:10), which includes me. I know that "**it is for freedom that Christ has set us free.**" Please help me to "**stand firm, then, and do not let myself to be burdened again by a yoke of slavery**" (Galatians 5:1).



DAY 12 // EVENING

READ: PROVERBS 8:1-36 (read these verses out loud)

REFLECT:

These verses tell us that Wisdom calls out to us repeatedly.

Unfortunately, not everyone hears the call.

Not everyone is listening to Wisdom's voice.

Reread verses 32–36.

It is imperative that we set aside time for the purpose of listening to the voice of God.

Consider this:
the word **LISTEN** and the word **SILENT**
are made up of the exact same letters.

In order for us to really **LISTEN** to God (and others), we must quiet all the voices around us (even within us) and be **SILENT**.

RESPOND:

Take two minutes and BE SILENT.

LISTEN for the Voice of Wisdom speaking to you.

How is Wisdom calling out to you today?

NOTES



DAY 13 // MORNING

READ: JOHN 8:31-32

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

REFLECT:

Scripture teaches that Jesus "**came to set us free**" and that "**the truth will set you free,**" however, we must consider the context of John 8.

One must ask, "**How does freedom happen?**"

In John 8:31-32, Jesus begins to tell us.

There is a path to the freedom Jesus promised.

The passage says that this freedom is available to His disciples, who "**remain faithful**" to his "**teachings.**"

In other words, freedom is found in progressive measures by those who daily live, walk, remain, and integrate the teachings of Jesus, His truth, into every arena of their lives.

Jesus said, "**You shall know the truth.**"

This "**knowing,**" isn't merely textbook knowledge.

The Greek word for "**know**" here is literally "**an intimate relational and experiential knowing.**"

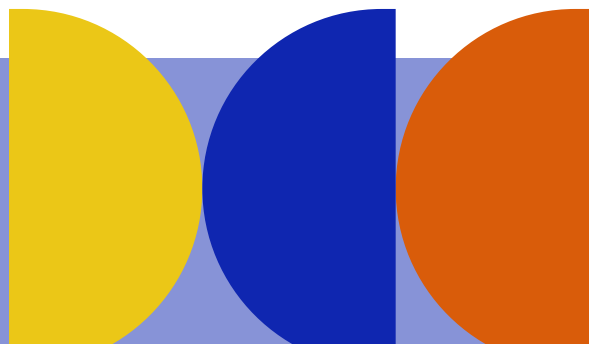
It's an on-going, active, and growing relationship with the Truth Himself that leads to freedom.

RESPOND:

Take a few minutes and prayerfully reflect:

Is there any area of my life that I need freedom?

(This could be a sin that needs to be forgiven, a habit that needs to be broken, a lifestyle that needs to be transformed, a relationship that needs to be mended or broken-off, or a mindset that is debilitating, etc.)



DAY 13 // EVENING

READ: PROVERBS 12:1-28

REFLECT:

As you were reading, which of these verses stuck out to you, grabbed your attention, or caused you to pause?

Go back and reread them.

Spend some time reflecting on them.

Consider this: Hard candy isn't meant to be chewed.

That typically doesn't work well.

Hard candy is best enjoyed as it lingers and swirls around in your mouth. Little by little the flavors are extracted.

The Biblical Proverbs are like hard candy. They aren't meant to be consumed quickly. These words and images are intended to linger in our minds, swirling around deep in our souls, until their meaning is extracted, and their essence begins to permeate our being.

RESPOND:

Slowly reread the verses that stuck out to you again.

Spend some time prayerfully reflecting on their meaning, and what God might be saying to you through them. Ponder what you need to extract from this wisdom.

NOTES



DAY 14 // MORNING

READ: EPHESIANS 4:14-16

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

REFLECT:

In Ephesians Chapter 4, Paul gives us some additional insight in how we can refrain from being **"tossed back and forth by the waves"** of current culture and popular opinions.

Not surprisingly, similar to Jesus' words, Paul directs us back to holding on to the teachings of Scripture and intentional community with others. In Ephesians 4:11-13, the Apostle Paul states the objective for each of us is to be **"equipped, unified, and mature."** This happens, in part, as we are a part of a local church.

Paul encourages us to, **"speak the truth in love"** to one another. **While Jesus is the one who ultimately "sets us free,"** an element of freedom is obtained by intentionally engaging in Christ-centered community. Such a community is a safe place where we are able to **"speak truth in love"** to one another.

RESPOND:

Who are the people that you have given permission to "speak truth" to you?
(Write their names below.)

Who has access to ask you the difficult questions?
(Write their names below.)

When you're struggling with something, who do you share that with?
(Write their names below.)

Blank space for writing names.

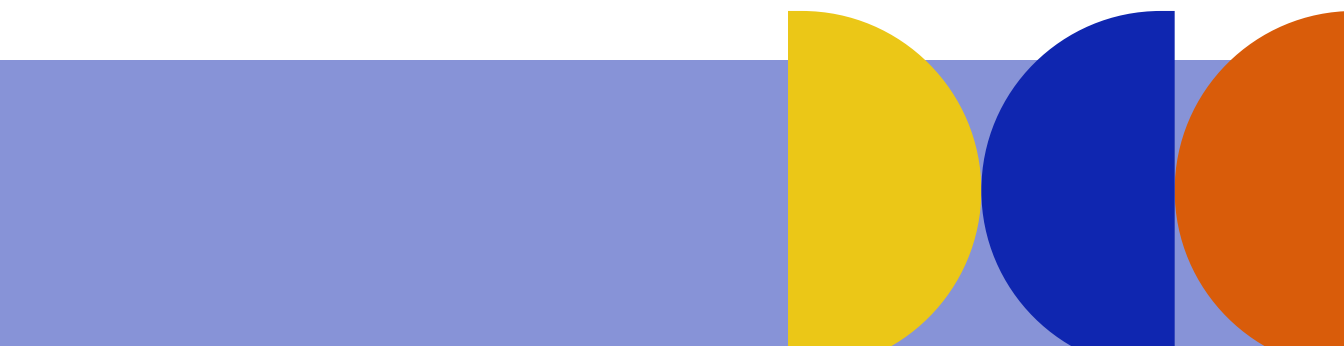
Who knows your hopes and dreams, and what God is currently doing in your life? (Write their names below.)

Blank space for writing names.

If you struggled to put someone's name above, who do you know that could become one of these people? (Write their names below.)

Blank space for writing names.

Perhaps, spend some time praying, asking God to speak to you about this.



DAY 14 // EVENING

READ: PROVERBS 15

REFLECT:

Which of these sayings stuck out to you, grabbed your attention, or caused you to pause as you were reading?

RESPOND:

Slowly reread the verses that grabbed your attention.

Spend some time prayerfully reflecting on their meaning, and what God might be saying to you through them.

NOTES

A large, empty rectangular area with a light pink-to-white gradient, intended for writing notes.



DAY 15 // MORNING

READ: ISAIAH 40:8

The grass withers and the flowers fall, but the word of our God endures forever.

REFLECT:

The Bible is the single most published book in history. It is the all-time bestseller of any book. The whole Bible has been translated into at least 1,200 languages and large portions of it have been translated into over 2,000 languages.

The Bible has outlived all its opponents. Throughout history, Bibles have been burned by governments and banished from courtrooms, but God’s Word still endures. The sheer preservation of Scripture is one thing, but when we consider what is penned on the pages within these worn covers, it is astonishing and amazing. The Bible was ingeniously composed over 1,400-years, by some forty different authors, in three different languages.

It was written by soldiers, shepherds, farmers, and fishermen. It began with Moses writing in the Sinai Peninsula and finished by John on the Aegean Island of Patmos.

Along the way, it was penned by kings in palaces, shepherds in tents, and prisoners in prisons. The Bible is a small library of sixty-six books, yet it contains one unified Story leading to Jesus.

The pages of Scripture contain more than 300 fulfilled prophecies about the life of Christ, all of which were written at least 400-years before he was born. Yet, each of these were fulfilled. Scripture was meticulously written; it has miraculously endured with astounding fulfillments of what it said.

RESPOND:

What’s your current practice of reading Scripture?



How do you feel about the regularity that you are currently reading Scripture?



What is your next step in taking your engagement of Scripture to the next level?

Talk to God, a family member, a close friend, or your CABLE group about the above three questions.



DAY 15 // EVENING

READ: PSALM 119:1-24 (Read these verses out loud)

REFLECT:

Psalms 119, with 172 verses, is the longest chapter in the Bible.

It is also the most singularly focused chapter in all of the Bible. This chapter talks about God's Word more than any other chapter in Scripture.

This chapter is a brilliantly crafted piece of poetry. The 172 verses are broken into 22 sections, each with 8 verses. Each of the 22 sections corresponds with the 22 letters of the Hebrew alphabet.

Each section begins with a word that begins with that letter. For example, in verses 1-8, every sentence begins with the Hebrew letter א (aleph) and in verses 9-16, every sentence begins with the letter ב (beth), and so forth.

It's absolutely genius.

Unfortunately, this mastery of language was lost when it was translated into English. However, most English Bibles include a Hebrew alphabetical header over each of the 8-verse sections to communicate this idea. (א Aleph, ב Beth, ג Gimel, ד Daleth, ה He, etc...)

There are at least 10 key words used repeatedly throughout Psalm 119.

One of these words shows up in every single verse, except verse 122.

RESPOND:

Reread Psalm 119:9 and 11.

In verses 9 and 11, what do each of the verses instruct us to do?

What promise is given to those who do these two things?

What does it look like for you to "hide God's word in your heart?" (v.11)



DAY 16 // MORNING

READ: PSALM 119:103

How sweet are your words to my taste, sweeter than honey to my mouth!

REFLECT:

When a Jewish child was six years old, on the day of Pentecost (which typically occurs in late May – early June), their education would officially begin. On the first day, the child would be given a slate with the alphabet written forward and backwards.

Each letter was associated with a verse or passage of Scripture.

As the rabbi (teacher) read each letter, the child repeated the letter aloud. After the letters had been recited, the rabbi would begin reading the verses from Scripture.

The child would repeat each verse.

Just as the rabbi began to read the verses from Scripture, he would pour honey on the child's slate. As the child heard these passages from Scripture recited, they would lick the honey off the slate.

While the child joyously ate the honey, the rabbi would declare over the child, **"May the words of God forever be like honey on your lips."**

The first experience each child had with Scripture was meant to be the most joy-filled and exciting encounter of their life.

Scripture was to forever be associated with life and goodness.

The Bible isn't some antiquated rule book.

On the contrary, we are told that God's Words **"are life to those who find them and health to one's whole body."**

RESPOND:

If you have a smartphone, download the *YouVersion Bible App*.



Navigate to **Psalm 119**. Select the **NIV version** of the Bible at the top. Click on the speaker icon and listen to the whole chapter. (It will only take you 15–minutes and 14–seconds.)

Do this right now, where you're at, or listen to it while you're driving around town later today, or even while going for a walk.



DAY 16 // EVENING

READ: PSALM 119:25-48 (Read these verses out loud)

REFLECT:

As you will discover, much of Psalm 119 is actually made up of prayers that the Psalmist prays to God.

RESPOND:

Look back at verses 33-39 and say these verses out loud as a prayer to God for yourself.

Now, read verses 40-48 out loud as a faith-filled declaration about yourself.

Read verses 40-48 out loud again. This time like you *really* mean it.

NOTES



DAY 17 // MORNING

READ: JAMES 1:21

So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

REFLECT:

Look again at the last part of verse 21. It says, **"for it (the Word) has the power to save your souls."** When it says the Word is able to **"save your souls,"** it is not talking about sins being forgiven, eternal life, or going to heaven when you die. James is writing to followers of Jesus. This verse speaks about the power of the Word to continue to bring about transformation within the Christian. The Word has the power to **"save your souls."** The word here for **"save,"** carries with it the idea of deliverance, healing, and restoration. In Christ, we are forgiven of our sins. This forgiveness generates a desire to live according to God's Will, Word, and Ways. As such, the natural response is **"get rid of all the filth and evil in your lives."** As we surrender these areas of our life to God, His Word **"planted"** in our hearts, begins to grow and bring about deliverance, healing and transformation.

RESPOND:

What does James instruct us to do with "the Word"?

How do we "humbly accept" the Word?

What does this practically look like when we're reading the Bible?

What does this look like when we're listening to a sermon?

Today, while you're driving around town, or even going for a walk, **listen (again) to Psalm 119.** Go to the **YouVersion Bible App** that you downloaded yesterday. Once again navigate to **Psalm 119.** Select the **NLT version** of the Bible at the top. Then, click on the speaker icon and listen. (It will only take you 14-minutes and 52-seconds.)



DAY 17 // EVENING

READ: PSALM 119:49-72

REFLECT:

What verse(s) stuck out to you as you were reading?

What might God be saying to you through these verses?

RESPOND:

Reread verse 71.

What does the Psalmist say he learned through his "affliction/suffering"?

Think back on a difficult season of life. What did God teach you though this season of life?

Pray about your current circumstances. Ask God to show you how He is using these to learn more about God and His Word.



DAY 18 // MORNING

READ: JAMES 1:22–25

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

REFLECT:

We live in a world saturated with information.

With the click of a mouse and the scrolling of a screen, we can now access information about virtually anything. Information alone, however, doesn't lead to transformation. God isn't as concerned with our knowledge as He is with our becoming. James warns against gaining information, without application and transformation. He challenges us to "**listen**" to God's Word, and then to put it into action, by "**doing**" it.

RESPOND:

Practice reading Scripture with a listening ear.

Give it a try right now. Read James 1:1–27. Pay attention to what God is saying to you through the Text.

Sometime today, while you're driving around town, or even going for a walk, listen to Psalm 119.

Go to the *YouVersion Bible App*.

Once again navigate to **Psalm 119**.

Today, select the **MSG version** of the Bible at the top.

Click on the speaker icon and listen. (It will only take you 15–minutes and 24–seconds.)



DAY 18 // EVENING

READ: PSALM 119:73-96

REFLECT:

Yesterday, while looking at verse 71, we noted that God specializes in using our darkest moments, our trials, our difficulties to teach us, mold us, and shape us. The New Testament writer James echoes this same reality. He reminds us that God uses our **"trials of many kinds"** to produce **"perseverance"** and **"wisdom"** within us.

In today's passage, the Psalmist gives us the other side of the coin. In verse 92, he declares, **"If Your law had not been my delight, Then I would have perished in my affliction."** The Psalmist shares his secret to enduring **"afflictions"** that would have otherwise crushed him, namely God's Word.

This is a powerful truth: The Word of God that I meditate on and delight in today, may very well become the Words that sustain me tomorrow.

RESPOND:

Take a few minutes and reread Psalm 119:73.
(Say this verse over and over, until you have it memorized.)

NOTES



DAY 19 // MORNING

READ: PSALM 119:105

Your word is a lamp for my feet, a light on my path.

REFLECT:

"Several years ago," writes Barbara M. Bowen, in her book, *Strange Scriptures that Perplex the Western Mind*, "we were on our way from Emmaus to Jerusalem late at night, traveling on donkey back.

As we rode along we noticed a path at a distance, but leading to ours, along which some men were walking. As they approached us, we noticed that as they walked over this narrow stony path, filled with holes and many good places to stumble, a little light kept shooting out before them.

We waited until they joined us and found they had small foot lamps. Some had straps tied around the ankle with a small clay lamp attached; others were larger clay lamps carried in the hand. They would swing the lamp a few feet before them to throw a light, not the stony, unsafe path."

The Psalmist says that God's Word is like a Lamp, perhaps an ankle lamp or a small oil lamp carried in one's hand. The lamp doesn't provide enough light to see a quarter of a mile ahead like some high-powered flashlight.

It only provides enough light for the next step.

Enough light to see the rock you're about to roll your ankle on, the root you're about to trip over, or the snake that is coiled and ready to strike.

Enough light to see your feet.

Enough light to take your next step.

RESPOND:

Go to the link above and listen to the song (Like Incense – Step by Step, by Hillsong).

Some time today, while you're driving around town, or even going for a walk, **listen to Psalm 119**. Go to the **YouVersion Bible App**. Once again navigate to **Psalm 119**.

Today, select any version of the Bible at the top. Click on the speaker icon and listen.



DAY 19 // EVENING**READ: PSALM 119:97-120*****REFLECT:***

Reread Psalm 119:103-104.

Remember what it was like for a Jewish child on their first day of school? (See Day 16).

Their first experience of learning God's Word was associated with the joy of eating of honey.

RESPOND:

Say Psalm 119:103-104 over and over until you have it memorized.

NOTES



DAY 20 // MORNING

READ: HEBREWS 4:12-13

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

REFLECT:

We often talk about “studying the Bible,” as if the Bible itself is the object under investigation. It is laid on the table, under the spotlight. We are the investigators, dissecting with a scalpel in hand. No doubt, acute, studious, and intentional Bible study is a science we can all benefit from exercising.

However, in this verse, the Bible isn’t the object of observation or inspection, we are. According to Hebrews 4, we are on the table. The Word of God is functioning as a sharp scalpel in the hands of the Creator.

We are the ones being cut open and exposed. The hidden parts within us are becoming known. The Bible shows us who we really are, and who we are to become.

There’s a time to roll up our sleeves, open the Bible and read. There’s also a time when we are the ones opened up and Scripture reads us. The Psalmist wrote, **“How can I know all the sins lurking in my heart? Cleanse me from these hidden faults”** (Psalm 19:12 NLT).

The prophet Jeremiah lamented that our **“heart is deceitful above all things and beyond cure. Who can understand it?”** (Jeremiah 17:9–10). God answers Jeremiah’s question by saying, **“I the LORD search the heart and examine the mind.”**

RESPOND:

Pray the following verses.

Pray them slowly.

Give God some space to speak to you.

***“Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.”***

(Psalm 139:23–24 NLT)

Today, at some point, listen to Psalm 119 in the NLT (New Living Translation) version of the Bible.



DAY 20 // EVENING

READ: PSALM 119:121-144

REFLECT:

This passage is filled with great truths about God's Word. What verses stuck out to you?

What might God be trying to say to you through these verses?

RESPOND:

Select one or two of the verses that grabbed your attention and memorize them.

If nothing grabs your attention, spend a few minutes and memorize Psalm 119:127-128 or Psalm 119:133.

NOTES



DAY 21 // MORNING

READ: JOSHUA 1:8

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

REFLECT:

Joshua is about to enter the Promise Land. He is stepping into the role of spiritual and military leader for the nation of Israel. He doesn't know it yet, but he is about to go head-to-head in battle against thirty-one kings.

God gives Joshua a specific strategy for life and leadership. Interestingly, it seems quite counterintuitive. God doesn't instruct Joshua to study the ancient tactics of warfare, nor the art of influencing people. God says, "Study My Book. Meditate on My Teachings. Memorize My Words. Joshua, if you do this, you will gain wisdom. You'll know what to do. You will be successful."

What we need in a world saturated with information is wisdom.
Information can give us knowledge about stuff.
Wisdom gives us skills for living.
God's Word is the pathway to Wisdom.

RESPOND:

"Get wisdom, get understanding; do not forget my words or turn away from them." (Proverbs 4:5)

As you continue your journey beyond this 21-day devotional, make a commitment to get wisdom and understanding. Go back and think about your reflections from Day 1 of this 21-Day journey.

On day one, you were challenged to:

Pick a time and place where you will spend time with God each day.

Write down 4-5 things that are important enough to be a part of your everyday/weekly schedule. (Things like daily Bible reading, time alone praying, family time, weekly church attendance, joining a small group or class)

Reevaluate your schedule and what is most important to you.
Recommit to set aside daily time to meet with God (in Word and Prayer).
Resolve now to posture yourself to grow.



DAY 21 // EVENING

READ: PSALM 119:145-176

REFLECT:

Go back and read Psalm 119:165.

The Psalmist says that those who love God's instructions and teachings (law) experience something tangible.

Great peace.

The word "**peace**" used here is the Hebrew word "**shalom**."

Shalom is more than tranquility, it's wholeness, health, and healing.

When there is shalom, things are functioning as they were designed by God to function.

When we intentionally saturate ourselves in God's word, healing, wholeness, and transformation take place.

We are secure in who we are.

We become unshakable in a world that is tittering on chaos.

The Psalmist says of those who love God's word, "**nothing can make them stumble.**"

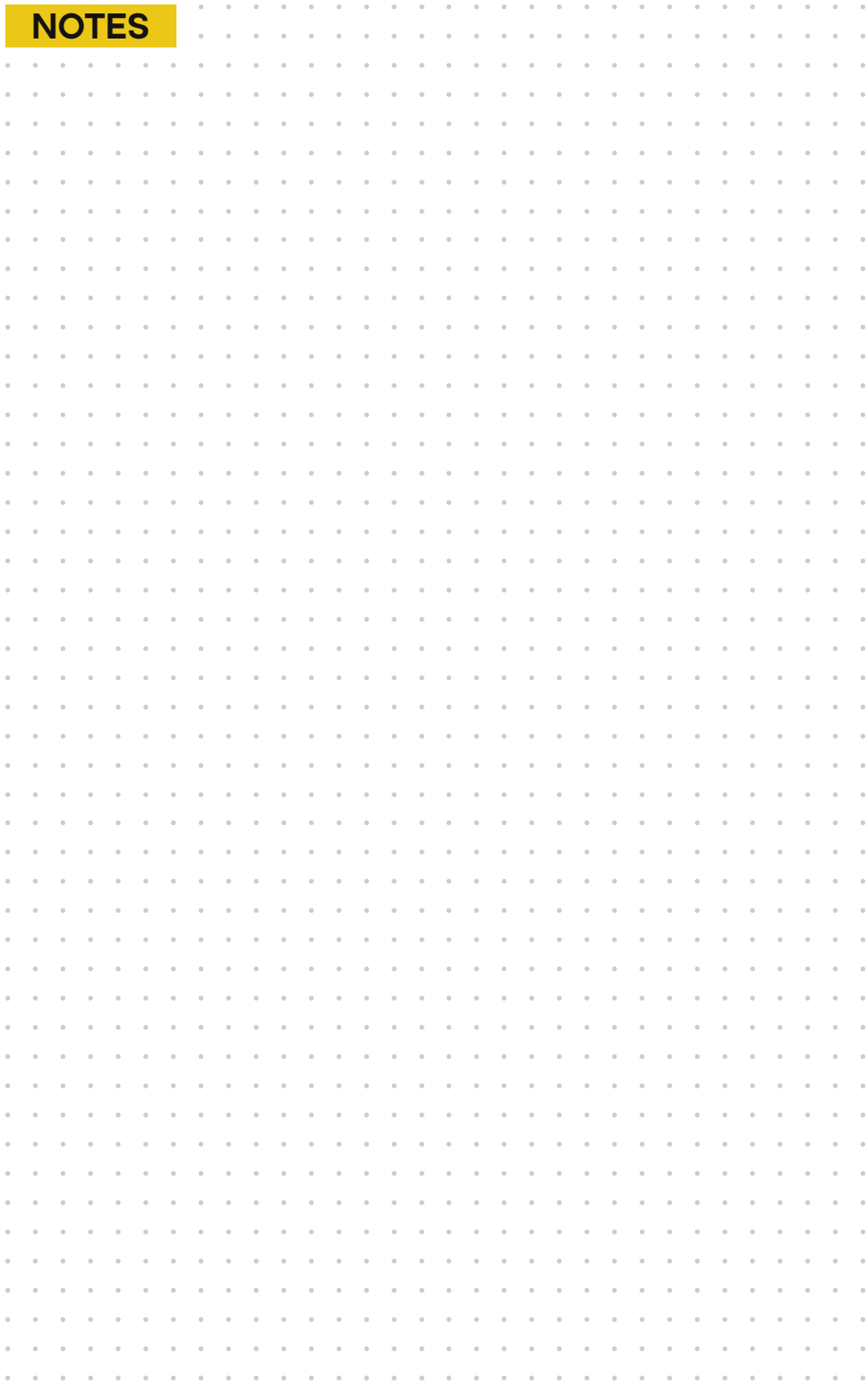
RESPOND:

Tonight, while you're going to sleep, listen to Psalm 119 in the MSG (Message) version of the Bible.

***"A Bible that is falling apart
often belongs to a person
whose life is not."
Charles Spurgeon***



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