

Fasting: Getting Serious with God

DAY:

Monday

TITLE:

Your Spirit Is Alive -- Let It Lead

KEY VERSE:

Romans 8:10 -- "If Christ be in you, the body is dead because of sin, but the Spirit is life because of righteousness."

REFLECTION:

I want you to catch something powerful in this verse. It doesn't say your spirit is living -- it says your spirit is life. That's Zoe life -- the very life of God living inside you right now. Here's the tension though: your body doesn't automatically cooperate with what your spirit carries. Your flesh wants to run the show. It wants comfort, convenience, and Kentucky Fried Chicken. And honestly? It's loud. But here's what I've learned -- the flesh isn't the boss of you unless you let it be. God has already positioned you in Christ. Positionally, that old nature is dead. The question is whether we're enforcing what God says is already true. This week, I want you to start seeing yourself the way God sees you -- spirit first, flesh second. That shift changes everything.

PRAYER:

Lord, thank You that Your life lives inside me right now. Help me to stop letting my flesh make decisions that belong to my spirit. I choose today to walk in who You say I am.

DAILY ACTION:

Write Romans 8:10 on a sticky note and place it somewhere you'll see it first thing -- your mirror, your coffee maker, your phone case. Read it out loud every morning this week.

DAY:

Tuesday

TITLE:

The Big Stick -- Why Fasting Changes Everything

KEY VERSE:

1 Corinthians 9:27 -- "I discipline my body and bring it into subjection, lest when I have preached to others, I myself should become disqualified."

REFLECTION:

Paul wasn't playing games here. He knew that the body, left unchecked, will sabotage everything God is trying to do in your life. And the most powerful tool I know to bring the flesh under authority? Fasting. I like to call it Whack-a-Flesh. Because the moment you put food down and say, "Not today," something shifts. Your flesh throws a tantrum -- and that's exactly when you find out who's in charge. Fasting isn't punishment. It's not a diet. It's a declaration. You're telling your body, your appetite, your cravings -- you don't run this house anymore. I've fasted 21 days, 40 days. I've met men in Africa who fasted 70 days on nothing. Every time, the same result: the spirit rises and the flesh quiets down. This is a tool God gave us. It's time we picked it up.

PRAYER:

Father, I want my spirit to lead and my flesh to follow -- not the other way around. Give me the courage to fast and the faith to believe it's going to make a real difference in my life.

DAILY ACTION:

Skip one meal today -- breakfast, lunch, or dinner -- and intentionally replace that mealtime with five minutes of prayer. Keep it simple, keep it honest with God.

DAY:

Wednesday

TITLE:

Breaking Through the Ceiling

KEY VERSE:

Matthew 17:20-21 -- "Because of your unbelief... this kind does not go out except by prayer and fasting."

REFLECTION:

The disciples had tried everything. They prayed, they commanded, they believed -- or thought they did. And the devil didn't budge. Jesus cut straight to it: unbelief. Not laziness, not wrong words -- unbelief. And then He said something that still stops me in my tracks: this kind doesn't come out except by prayer and fasting. There are levels of breakthrough that prayer alone won't reach. There are ceilings on your faith that fasting is specifically designed to break. I've seen it in my own life -- fighting that cancer attack, pushing through barriers in ministry. When I couldn't get past something, fasting was the thing that finally punched through. It's not about willpower. It's about positioning your spirit to receive what God already has for you. If you've been hitting a wall, I want you to consider -- maybe it's time to fast your way through it.

PRAYER:

Jesus, I don't want a ceiling on my faith. Show me what's holding me back and give me the hunger to fast and pray my way through every barrier in Jesus' name.

DAILY ACTION:

Identify one area of your life where you feel spiritually stuck -- a relationship, a habit, a prayer you keep praying with no breakthrough. Write it down and commit to praying over it specifically this week.

DAY:

Thursday

TITLE:

Positioning Yourself to Receive

KEY VERSE:

James 5:15 -- "And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven."

REFLECTION:

I've noticed something over years of ministry -- there's often a positioning issue before a breakthrough issue.

James quietly slips it in right there: if he's committed sins, they'll be forgiven. That tells me something had to be worked through first. I've sat with people on their way out of this world who should have been staying, and when I pressed in -- gently, carefully -- there was something undealt with. Pride. Hidden sin. An unresolved bitterness. And the Lord would say, there's something here. This isn't condemnation -- God never heals through shame. But fasting creates space for honesty. When you stop feeding the body, the soul gets quiet enough to hear what God's been trying to say. That's where positioning happens. That's where alignment happens. And that's where breakthrough starts. Don't skip the inner work. It matters more than you know.

PRAYER:

Lord, I want to be fully aligned with You -- nothing hidden, nothing blocking what You want to do in my life. Search my heart today and show me anything I need to deal with. I trust You.

DAILY ACTION:

Spend five quiet minutes today -- no phone, no music -- and simply ask God, "Is there anything between us right now?" Write down whatever comes to mind and bring it honestly to Him in prayer.

DAY:

Friday

TITLE:

Living a Fasted Life -- Not Just a Fasting Season

KEY VERSE:

Romans 8:10 -- "If Christ be in you, the body is dead because of sin, but the Spirit is life because of righteousness."

REFLECTION:

I'll never forget what Brother Hagin said -- that God spoke to him and said rather than extending long fasts occasionally, He'd rather we live a fasted life. That landed on me hard. Because it's easy to fast for 21 days in January and then spend the rest of the year making up for it. That's not what this is about. A fasted life means ongoing self-governance. It means you're consistently asking -- does this habit, this appetite, this attitude line up with the Spirit inside me? It's not legalism. It's lordship. And I'll be honest with you -- I'm challenging myself in 2025 to be more consistent and persistent in this. Not because God loves me more when I fast, but because I love Him more when my flesh isn't drowning out His voice. I want more of Him. Less of me. More of Him. That's the goal.

PRAYER:

Father, I don't want the 21-day fast to be the highlight and then drift back to where I was. Help me build a life where You are first -- every day, in every appetite, in every choice. More of You, Lord.

DAILY ACTION:

Make one simple, specific commitment for 2025 -- one regular rhythm of fasting, whether one meal a week or one day a month -- and write it down as a covenant between you and God today.