



NEW  
**MOUNT OLIVE**  
BAPTIST CHURCH



# **2026 FASTING PACKET**

**DR. MARCUS D. DAVIDSON**  
**SENIOR PASTOR**



# LETTER FROM PASTOR DAVIDSON

How Good The Lord Is!

AS WE APPROACH ASH WEDNESDAY AND ENTER THE SACRED SEASON OF LENT, I APPRECIATE THAT SOME OF YOU MAY FEEL LED TO EMBARK ON THE TRANSFORMATIVE JOURNEY OF FASTING, PRAYER, AND SPIRITUAL RENEWAL. CERTAINLY, THIS SEASON CALLS US TO SOMETHING DEEPER THAN RITUAL. IT SUMMONS US TO A RADICAL REIMAGINING OF WHAT IT MEANS TO LIVE GENEROUSLY.

THE 40-DAY CONSECRATION OUTLINED IN THIS PACKET WAS CREATED BY OUR OWN ASSOCIATE MINISTER, REV. DR. GARRETT FOX. CONSISTENT OUR 2026 FOCUS, IT CENTERS ON THREE DIMENSIONS OF GENEROSITY THAT REFLECT THE VERY HEART OF GOD:

**GENEROSITY TO GOD**, WHICH BEGINS WITH SURRENDERING OUR APPETITES, OUR TIME, AND OUR DISTRACTIONS. WHEN WE FAST, WE CREATE SACRED SPACE FOR THE HOLY SPIRIT TO SPEAK, CONVICT, AND TRANSFORM US. AS JOEL 2:12-13 REMINDS US, GOD CALLS US TO RETURN WITH OUR WHOLE HEARTS—NOT WITH TORN GARMENTS, BUT WITH TORN HEARTS. THIS IS OUR OFFERING: UNDIVIDED ATTENTION, UNRUSHED DEVOTION, AND UNRESERVED WORSHIP. IN THE DISCIPLINE OF FASTING, WE ACKNOWLEDGE THAT GOD ALONE SATISFIES THE DEEPEST HUNGRERS OF OUR SOULS.

**GENEROSITY TO OTHERS**, WHICH FLOWS NATURALLY FROM HEARTS SURRENDERED TO GOD. FASTING IS NEVER MEANT TO BE A PRIVATE SPIRITUAL EXERCISE DIVORCED FROM JUSTICE AND COMPASSION. ISAIAH 58 MAKES CLEAR THAT THE FAST GOD HONORS IS ONE THAT LOOSENS THE CHAINS OF INJUSTICE, FEEDS THE HUNGRY, AND SHELTERS THE OPPRESSED. DURING THIS SEASON, I CHALLENGE YOU TO EXTEND THE SAME MERCY, KINDNESS, AND SACRIFICAL LOVE THAT CHRIST HAS SHOWN US. BEAR ONE ANOTHER'S BURDENS. LOVE YOUR ENEMIES. GIVE GENEROUSLY, EXPECTING NOTHING IN RETURN. OUR FASTING SHOULD MAKE US MORE AWARE OF THOSE IN NEED AND MORE WILLING TO RESPOND WITH CHRIST-LIKE GENEROSITY.

**GENEROSITY TO SELF**, WHICH MAY SEEM COUNTERINTUITIVE IN A SEASON OF DENIAL, BUT TRUE FASTING IS NOT SELF-PUNISHMENT—IT IS SELF-CARE FOR THE SOUL. WHEN WE ABSTAIN FROM WHAT DISTRACTS AND DIMINISHES US, WE MAKE ROOM FOR WHAT RESTORES AND RENEWS US. WE GIVE OURSELVES PERMISSION TO REST IN GOD'S PRESENCE, TO RECEIVE HIS GRACE, TO BE HEALED FROM PAST WOUNDS, AND TO BE FILLED WITH HIS SPIRIT. THIS IS NOT SELFISH; IT IS STEWARDSHIP. YOU CANNOT POUR FROM AN EMPTY CUP. BY INVESTING IN YOUR SPIRITUAL HEALTH THROUGH PRAYER, MEDITATION ON SCRIPTURE, AND INTENTIONAL REFLECTION, YOU POSITION YOURSELF TO LIVE ABUNDANTLY AND SERVE EFFECTIVELY.

THIS PACKET WILL GUIDE YOU THROUGH FOUR TRANSFORMATIVE 10-DAY PHASES: DISCIPLINE, GENEROSITY, SUBMISSION, AND CLARITY. EACH DAY INCLUDES SCRIPTURE, REFLECTION PROMPTS, AND SPACE TO DOCUMENT WHAT GOD IS SPEAKING TO YOU. I ENCOURAGE YOU TO APPROACH THIS JOURNEY WITH EXPECTANCY, HUMILITY, AND COURAGE. DETERMINE WHAT YOU WILL FAST FROM, ESTABLISH ACCOUNTABILITY, AND REMAIN STEADFAST.

WITH THAT SAID, PLEASE REMEMBER THAT FASTING MAY NOT BE SUITABLE FOR EVERYONE. ALWAYS CONSULT YOUR PHYSICIAN OR A QUALIFIED HEALTHCARE PROVIDER BEFORE BEGINNING ANY FASTING REGIMEN, PARTICULARLY IF YOU ARE PREGNANT, BREASTFEEDING, TAKING MEDICATIONS, OR IF YOU HAVE A PRE-EXISTING MEDICAL CONDITION (SUCH AS TYPE 1 OR TYPE 2 DIABETES, OR CARDIOVASCULAR DISEASE). MAY THIS SEASON MARK A TURNING POINT IN YOUR WALK WITH CHRIST. MAY YOUR GENEROSITY TO GOD, TO OTHERS, AND TO YOURSELF OVERFLOW IN WAYS THAT BRING GLORY TO HIS NAME.

SOLI DEO GLORIA!

DR. MARCUS D. DAVIDSON  
SENIOR PASTOR



# LETTER FROM DR. JACKSON

DEAR NMOBC FAMILY,

THIS LENTEN SEASON HOLDS SPECIAL SIGNIFICANCE AS IT FALLS DURING BLACK HISTORY MONTH, REMINDING US THAT OUR BLACK HISTORY AND OUR BIBLICAL HISTORY CONVERGE IN ONE, SINGULAR TRUTH: FASTING IS A WEAPON OF SPIRITUAL WARFARE, A PATHWAY TO FREEDOM, AND A DECLARATION THAT WE WILL NOT BE SATISFIED WITH ANYTHING LESS THAN THE FULLNESS OF GOD'S PRESENCE AND PURPOSE IN OUR LIVES.

OUR ANCESTORS—FROM ENSLAVED AFRICANS WHO SOUGHT GOD'S DELIVERANCE IN SECRET PRAYER MEETINGS, TO CIVIL RIGHTS PIONEERS, LIKE BAYARD RUSTIN (ORGANIZER OF THE MARCH ON WASHINGTON), FANNIE LOU HAMMER, SEPTIMA POINSETTE CLARK (KNOWN AS THE MOTHER OF THE CIVIL RIGHTS MOVEMENT), AND THE NOW LATE REV. JESSE JACKSON, ALL FASTED FOR JUSTICE AND MORAL CLARITY—UNDERSTOOD THAT FASTING IS BOTH RESISTANCE AND RENEWAL. IT IS A DECLARATION THAT OUR STRENGTH COMES NOT FROM OURSELVES, BUT FROM THE LORD. AS WE JOURNEY TOWARD THE CROSS, WE FOLLOW IN THEIR FOOTSTEPS AND IN THE FOOTSTEPS OF CHRIST, WHO FASTED FORTY DAYS IN THE WILDERNESS BEFORE BEGINNING HIS MINISTRY.

THIS 40-DAY FASTING PACKET IS PROVIDED AS A GUIDE AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. AS PASTOR DAVIDSON STATED IN THE PENULTIMATE PARAGRAPH OF HIS LETTER, FASTING MAY NOT BE SUITABLE FOR EVERYONE. ALWAYS CONSULT YOUR PHYSICIAN OR A QUALIFIED HEALTHCARE PROVIDER BEFORE BEGINNING ANY FASTING REGIMEN, PARTICULARLY IF YOU ARE PREGNANT, BREASTFEEDING, TAKING MEDICATIONS, OR IF YOU HAVE A PRE-EXISTING MEDICAL CONDITION (SUCH AS TYPE 1 OR TYPE 2 DIABETES, OR CARDIOVASCULAR DISEASE).

## HOW TO USE THIS PACKET

THIS RESOURCE IS STRUCTURED TO GUIDE YOU THROUGH FOUR 10-DAY PHASES, EACH CORRESPONDING TO A STAGE IN YOUR SPIRITUAL JOURNEY TOWARD THE CROSS:

**DAYS 1-10: DISCIPLINE** — JUST AS JESUS FACED TEMPTATION IN THE WILDERNESS, THIS FIRST PHASE CALLS YOU TO MASTER YOUR FLESH AND ESTABLISH SPIRITUAL DISCIPLINE. YOU WILL CULTIVATE SELF-CONTROL, DENY DISTRACTIONS, AND TRAIN YOURSELF FOR GODLINESS.

**DAYS 11-20: GENEROSITY** — AS JESUS WALKED TOWARD JERUSALEM, HE CONTINUALLY GAVE HIMSELF AWAY—HEALING, TEACHING, SERVING. THIS PHASE INVITES YOU TO PRACTICE GENEROSITY TO GOD THROUGH WORSHIP, GENEROSITY TO OTHERS THROUGH SERVICE, AND GENEROSITY TO SELF THROUGH GRACE AND REST.

**DAYS 21-30: SUBMISSION** — THE CLOSER JESUS DREW TO THE CROSS, THE MORE FULLY HE SURRENDERED TO THE FATHER'S WILL. IN GETHSEMANE, HE PRAYED, "NOT MY WILL, BUT YOURS BE DONE" (LUKE 22:42 NASB). THIS PHASE DEEPENS YOUR PRACTICE OF SUBMISSION, HUMILITY, AND OBEDIENCE TO GOD'S WORD AND SPIRIT.

**DAYS 31-40: CLARITY** — AS JESUS HUNG ON THE CROSS, HE SAW CLEARLY: "IT IS FINISHED" (JOHN 19:30 NASB). THE FINAL PHASE BRINGS SPIRITUAL CLARITY, DIVINE REVELATION, AND RENEWED VISION FOR WHAT GOD IS CALLING YOU TO ACCOMPLISH.

REMEMBER: FASTING IS NOT ABOUT PERFECTION — IF YOU STUMBLE, RECEIVE GRACE AND KEEP GOING. PLEASE KNOW THAT YOUR JOURNEY AND TRANSFORMATION IS A PART OF THE PERFECTING PROCESS OF THE HOLY SPIRIT, RATHER THAN A PRODUCT OF YOUR OWN EFFORTS.

### THE JOURNEY TO THE CROSS

AS YOU PROGRESS THROUGH THESE 40 DAYS, REMEMBER THAT YOU ARE NOT MERELY OBSERVING LENT—YOU ARE PARTICIPATING IN THE PASSION OF CHRIST. EVERY MOMENT OF HUNGER REMINDS YOU OF HIS SUFFERING. EVERY ACT OF DISCIPLINE REFLECTS HIS OBEDIENCE. EVERY PRAYER OF SUBMISSION ECHOES HIS SURRENDER. AND EVERY BREAKTHROUGH YOU EXPERIENCE POINTS TO THE VICTORY HE SECURED ON CALVARY.

I AM PRAYING FOR YOU. PASTOR DAVIDSON IS PRAYING FOR YOU. MORE IMPORTANTLY, THE HOLY SPIRIT IS INTERCEDING FOR YOU WITH GROANINGS TOO DEEP FOR WORDS. TRUST THE PROCESS. STAY THE COURSE, AND WATCH WHAT GOD WILL DO.

LET US WALK THIS ROAD TOGETHER—TOWARD THE CROSS, TOWARD THE EMPTY TOMB, TOWARD TRANSFORMATION.

SOLI DEO GLORIA!

DR. THOM JACKSON  
ASSISTANT PASTOR

# WHY IS FASTING GOOD FOR YOU?

## 15 BENEFITS OF FASTING

THE BENEFITS OF FASTING ON YOUR BODY, MIND, AND SPIRIT ARE IMMEASURABLE.

SO WHAY IS FASTING GOOD FOR YOUR HEALTH? WHAT ARE FASTING BENEFITS FOR YOUR PHYSICAL AND SPIRITUAL HEALTH?

HERE ARE THE MANY THINGS THAT FASTING DOES FOR YOU:

### PHYSICAL BENEFITS

- HELPS DETOX YOUR BODY
- IMPROVES YOUR METABOLISM
- LOWERS BLOOD SUGAR
- REDUCES INFLAMMATION AND CANCER RISK
- IMPROVES MENTAL HEALTH
- PROTECTS AGAINST DIABETES
- SLOWS DOWN AGING
- HELPS WITH WEIGHT LOSS
- BOOST THE IMMUNE SYSTEM

### SPIRITUAL BENEFITS

- FREES US FROM BONDAGE
- ALLOWS US TO HEAR FROM GOD
- HELPS YOU ACHIEVE BETTER SELF CONTROL
- STRENGTHENS YOUR RELATIONSHIP WITH GOD
- DRAWS YOU CLOSER TO THE LORD

### PREPARE FOR A FAST

- DETERMINE THE LENGTH OF YOUR FAST
- DETERMINE WHAT TO FAST
- DETERMINE WHO SHOULD KNOW

### INTERMITTENT FASTING

INTERMITTENT MEANS TO FAST ON A REGULAR BASIS. WHETHER THAT'S ONCE A WEEK FOR A DAY, ONCE A MONTH FOR 2-5 DAYS, (SHORT-TERM FASTING) OR ONCE A YEAR FOR 21-40 DAYS (LONG-TERM FASTING)

IF YOU WANT BETTER HEALTH OVERALL, EQUIP YOUR BODY TO COPE WITH CRONIC DISEASES, IMPROVED BRAIN FUNCTION AND HEART HEALTH, AND LOWER BODY FAT AND BETTER WEIGHT CONTROL, THIS IS A GREAT PRACTICE TO START.

**BIBLICAL FASTING IS A SPIRITUAL DISCIPLINE ROOTED IN SEEKING GOD WITH FOCUSED INTENSITY.**

IN SCRIPTURE, FASTING APPEARS AS A VOLUNTARY ABSTINENCE FROM FOOD FOR THE SAKE OF PRAYER, REPENTANCE, DISCERNMENT, OR LAMENT. MOSES FASTS BEFORE RECEIVING THE LAW (EXODUS 34:28), DAVID FASTS IN GRIEF AND INTERCESSION (2 SAMUEL 12:16), AND ESTHER CALLS HER COMMUNITY TO FAST FOR DELIVERANCE (ESTHER 4:16). THE PROPHETS CONNECT FASTING WITH JUSTICE, INSISTING THAT TRUE DEVOTION MUST BE PAIRED WITH RIGHTEOUSNESS AND CARE FOR THE OPPRESSED (ISAIAH 58:6–8). JESUS ASSUMES HIS FOLLOWERS WILL FAST—“WHEN YOU FAST,” NOT IF—AND TEACHES THAT FASTING SHOULD BE SINCERE, HUMBLE, AND GOD CENTERED (MATTHEW 6:16–18). IN THE EARLY CHURCH, FASTING ACCOMPANIES WORSHIP, LEADERSHIP DISCERNMENT, AND MISSION (ACTS 13:2–3).

THROUGHOUT THE DIASPORA, FASTING HAS HELD A DISTINCTIVE PLACE IN THE SPIRITUAL LIFE OF OUR ANCESTRY. ENSLAVED AFRICANS IN AMERICA OFTEN USED FASTING AS A MEANS OF RESILIENCE, RESISTANCE, AND HOPE. DURING THE CIVIL RIGHTS MOVEMENT, SPIRITUALS AND COMMUNITY LEADERS SUCH AS MARTIN LUTHER KING JR. AND OTHERS DREW FROM BIBLICAL TRADITIONS OF FASTING TO CULTIVATE MORAL CLARITY, NON-VIOLENT DISCIPLINE, AND COMMUNAL SOLIDARITY. OUR CHURCHES HAVE LONG USED FASTING DURING SEASONS OF CRISIS, REVIVAL, AND SOCIAL STRUGGLE, ECHOING THE BIBLICAL PATTERN OF SEEKING GOD’S INTERVENTION IN SUBMISSION BECAUSE HUMAN STRENGTH IS INSUFFICIENT.

FOR BELIEVERS, FASTING CAN BE UNDERSTOOD AS BOTH A PERSONAL AND COMMUNAL PRACTICE THAT SHAPES LIFESTYLE AND PROMOTES GROWTH. IT DISRUPTS THE RHYTHMS OF CONSUMPTION, RECENTERS THE HEART ON GOD, AND ALIGNS THE BELIEVER WITH THE SUFFERING, LONGING, AND LIBERATION THEMES THAT RUN THROUGH SCRIPTURE. THIS LENTEN SEASON, NMOBC WILL ENGAGE IN A PERIOD OF CONSECRATION AND A PERIOD OF COLLECTIVE FASTING. THIS SACRIFICE IS A POWERFUL WAY TO EMBODY DEPENDENCE ON GOD AND PARTICIPATE IN THE ONGOING STORY OF FAITH, JUSTICE, AND RENEWAL.

**THIS PACKET WILL TAKE WORSHIPPERS THROUGH FOUR 10-DAY PHASES:  
DISCIPLINE, GENEROSITY, SUBMISSION, AND CLARITY.**

THIS IS THE LORD'S MESSAGE: "NOW COME BACK TO ME WITH ALL YOUR HEART. CRY AND MOURN, AND DON'T EAT ANYTHING! SHOW THAT YOU ARE SAD FOR DOING WRONG. TEAR YOUR HEARTS, NOT YOUR CLOTHES." COME BACK TO THE LORD YOUR GOD. HE IS KIND AND MERCIFUL. HE DOES NOT BECOME ANGRY QUICKLY. HE HAS GREAT LOVE. MAYBE HE WILL CHANGE HIS MIND ABOUT THE BAD

PUNISHMENT HE PLANNED.

JOEL 2:12-13

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## DETAILS OF MY FAST

I WILL BE FASTING FROM:

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HERE IS HOW WILL I ENSURE I MAINTAIN THE PARAMETERS OF MY FAST:

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HERE IS HOW DID I DECIDED WHAT I WILL BE FASTING FROM:

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HERE IS WHAT AM I EXPECTING FROM GOD DURING THIS FAST:

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EVERY ATHLETE EXERCISES SELF-CONTROL IN ALL THINGS. THEY DO IT TO RECEIVE A PERISHABLE WREATH, BUT WE AN IMPERISHABLE. SO I DO NOT RUN AIMLESSLY; I DO NOT BOX AS ONE BEATING THE AIR. BUT I DISCIPLINE MY BODY AND KEEP IT UNDER CONTROL, LEST AFTER PREACHING TO OTHERS I MYSELF SHOULD BE DISQUALIFIED.

## 1 CORINTHIANS 9 : 25 - 27

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

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BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, SELF-CONTROL; AGAINST SUCH THINGS THERE IS NO LAW. AND THOSE WHO BELONG TO CHRIST JESUS HAVE CRUCIFIED THE FLESH WITH ITS PASSIONS AND DESIRES. IF WE LIVE BY THE SPIRIT, LET US ALSO KEEP IN STEP WITH THE SPIRIT.

## GALATIANS 5 : 22 - 25

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

HAVE NOTHING TO DO WITH IRREVERENT, SILLY MYTHS. RATHER TRAIN YOURSELF FOR GODLINESS; FOR WHILE BODILY TRAINING IS OF SOME VALUE, GODLINESS IS OF VALUE IN EVERY WAY, AS IT HOLDS PROMISE FOR THE PRESENT LIFE AND ALSO FOR THE LIFE TO COME. THE SAYING IS TRUSTWORTHY AND DESERVING OF FULL ACCEPTANCE.

## 1 TIMOTHY 4 : 7 - 9

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

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FOR THOSE WHO LIVE ACCORDING TO THE FLESH SET THEIR MINDS ON THE THINGS OF THE FLESH, BUT THOSE WHO LIVE ACCORDING TO THE SPIRIT SET THEIR MINDS ON THE THINGS OF THE SPIRIT. FOR TO SET THE MIND ON THE FLESH IS DEATH, BUT TO SET THE MIND ON THE SPIRIT IS LIFE AND PEACE. FOR THE MIND THAT IS SET ON THE FLESH IS HOSTILE TO GOD, FOR IT DOES NOT SUBMIT TO GOD'S LAW; INDEED, IT CANNOT. THOSE WHO ARE IN THE FLESH CANNOT PLEASE GOD.

## ROMANS 8:5 - 8

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

SO THEN, BROTHERS, WE ARE DEBTORS, NOT TO THE FLESH, TO LIVE ACCORDING TO THE FLESH. FOR IF YOU LIVE ACCORDING TO THE FLESH YOU WILL DIE, BUT IF BY THE SPIRIT YOU PUT TO DEATH THE DEEDS OF THE BODY, YOU WILL LIVE. FOR ALL WHO ARE LED BY THE SPIRIT OF GOD ARE SONS OF GOD.

## ROMANS 8:12-14

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

IT IS NOT GOOD TO EAT MUCH HONEY, NOR IS IT GLORIOUS TO SEEK ONE'S OWN GLORY. A MAN WITHOUT SELF-CONTROL IS LIKE A CITY BROKEN INTO AND LEFT WITHOUT WALLS.

PROVERBS 25 : 27-28

WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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“AND WHEN YOU FAST, DO NOT LOOK GLOOMY LIKE THE HYPOCRITES, FOR THEY DISFIGURE THEIR FACES THAT THEIR FASTING MAY BE SEEN BY OTHERS. TRULY, I SAY TO YOU, THEY HAVE RECEIVED THEIR REWARD. BUT WHEN YOU FAST, ANOINT YOUR HEAD AND WASH YOUR FACE, THAT YOUR FASTING MAY NOT BE SEEN BY OTHERS BUT BY YOUR FATHER WHO IS IN SECRET. AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU.

MATTHEW 6 : 16-18

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**WHAT IS GOD SAYING TO ME?**

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**TODAY'S PRAYER**

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**TODAY'S GOALS**

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BLESSED IS THE MAN WHO WALKS NOT IN THE COUNSEL OF THE WICKED, NOR STANDS IN THE WAY OF SINNERS, NOR SITS IN THE SEAT OF SCOFFERS; BUT HIS DELIGHT IS IN THE LAW OF THE LORD, AND ON HIS LAW HE MEDITATES DAY AND NIGHT.

## PSALMS 1:1-2

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

KEEP YOUR HEART WITH ALL VIGILANCE, FOR FROM IT FLOW THE SPRINGS OF LIFE. PUT AWAY FROM YOU CROOKED SPEECH, AND PUT DEVIOUS TALK FAR FROM YOU. LET YOUR EYES LOOK DIRECTLY FORWARD, AND YOUR GAZE BE STRAIGHT BEFORE YOU. PONDER THE PATH OF YOUR FEET; THEN ALL YOUR WAYS WILL BE SURE. DO NOT SWERVE TO THE RIGHT OR TO THE LEFT: TURN YOUR FOOT AWAY FROM EVIL.

## PROVERBS 4 : 23 - 27

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

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LET NO CORRUPTING TALK COME OUT OF YOUR MOUTHS, BUT ONLY SUCH AS IS GOOD FOR  
BUILDING UP, AS FITS THE OCCASION, THAT IT MAY GIVE GRACE TO THOSE WHO HEAR. AND DO NOT GRIEVE THE  
HOLY SPIRIT OF GOD, BY WHOM YOU WERE SEALED FOR THE DAY OF REDEMPTION. LET ALL BITTERNESS AND  
WRATH AND ANGER AND CLAMOR AND SLANDER BE PUT AWAY FROM YOU, ALONG WITH ALL MALICE. BE KIND TO  
ONE ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, AS GOD IN CHRIST FORGAVE YOU.

## EPHESIANS 4 : 29 - 32

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

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DO NOTHING FROM SELFISH AMBITION OR CONCEIT, BUT IN HUMILITY COUNT OTHERS MORE SIGNIFICANT THAN YOURSELVES. LET EACH OF YOU LOOK NOT ONLY TO HIS OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS. HAVE THIS MIND AMONG YOURSELVES, WHICH IS YOURS IN CHRIST JESUS, WHO, THOUGH HE WAS IN THE FORM OF GOD, DID NOT COUNT EQUALITY WITH GOD A THING TO BE GRASPED, BUT EMPTIED HIMSELF, BY TAKING THE FORM OF A SERVANT, BEING BORN IN THE LIKENESS OF MEN.

## PHILIPPIANS 2:3-7

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## **TODAY'S GOALS**

## TODAY'S RESULTS

HE HAS TOLD YOU, O MAN, WHAT IS GOOD; AND WHAT DOES THE LORD REQUIRE OF YOU BUT TO DO JUSTICE,  
AND TO LOVE KINDNESS, AND TO WALK HUMBLY WITH YOUR GOD?

MICAH 6 : 8

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S RESULTS

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GENEROUSITY

BOTH RICHES AND HONOR COME FROM YOU, AND YOU RULE OVER ALL. IN YOUR HAND ARE POWER AND MIGHT, AND IN YOUR HAND IT IS TO MAKE GREAT AND TO GIVE STRENGTH TO ALL. AND NOW WE THANK YOU, OUR GOD, AND PRAISE YOUR GLORIOUS NAME. "BUT WHO AM I, AND WHAT IS MY PEOPLE, THAT WE SHOULD BE ABLE THUS TO OFFER WILLINGLY? FOR ALL THINGS COME FROM YOU, AND OF YOUR OWN HAVE WE GIVEN YOU.

1 CHRONICLES 29 : 12 - 14

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

"BUT I SAY TO YOU WHO HEAR, LOVE YOUR ENEMIES, DO GOOD TO THOSE WHO HATE YOU, BLESS THOSE WHO CURSE YOU, PRAY FOR THOSE WHO ABUSE YOU. TO ONE WHO STRIKES YOU ON THE CHEEK, OFFER THE OTHER ALSO, AND FROM ONE WHO TAKES AWAY YOUR CLOAK DO NOT WITHHOLD YOUR TUNIC EITHER. GIVE TO EVERYONE WHO BEGS FROM YOU, AND FROM ONE WHO TAKES AWAY YOUR GOODS DO NOT DEMAND THEM BACK.

LUKE 6 : 27 - 30

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### WHAT IS GOD SAYING TO ME?

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### TODAY'S PRAYER

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### TODAY'S GOALS

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### TODAY'S RESULTS

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GENEROUS

IF YOU LOVE THOSE WHO LOVE YOU, WHAT BENEFIT IS THAT TO YOU? FOR EVEN SINNERS LOVE THOSE WHO LOVE THEM. AND IF YOU DO GOOD TO THOSE WHO DO GOOD TO YOU, WHAT BENEFIT IS THAT TO YOU? FOR EVEN SINNERS DO THE SAME. AND IF YOU LEND TO THOSE FROM WHOM YOU EXPECT TO RECEIVE, WHAT CREDIT IS THAT TO YOU? EVEN SINNERS LEND TO SINNERS, TO GET BACK THE SAME AMOUNT.

## LUKE 6:32 - 34

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

BUT LOVE YOUR ENEMIES, AND DO GOOD, AND LEND, EXPECTING NOTHING IN RETURN,  
AND YOUR REWARD WILL BE GREAT, AND YOU WILL BE SONS OF THE MOST HIGH, FOR HE  
IS KIND TO THE UNGRATEFUL AND THE EVIL. BE MERCIFUL, EVEN AS YOUR FATHER IS MERCIFUL.

LUKE 6 : 35 - 36

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### WHAT IS GOD SAYING TO ME?

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### TODAY'S PRAYER

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### TODAY'S GOALS

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### TODAY'S RESULTS

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BROTHERS, IF ANYONE IS CAUGHT IN ANY TRANSGRESSION, YOU WHO ARE SPIRITUAL SHOULD RESTORE HIM IN A SPIRIT OF GENTLENESS. KEEP WATCH ON YOURSELF, LEST YOU TOO BE TEMPTED. BEAR ONE ANOTHER'S BURDENS, AND SO FULFILL THE LAW OF CHRIST.

GALATIANS 6 : 1 - 2

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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IF AMONG YOU, ONE OF YOUR BROTHERS SHOULD BECOME POOR, IN ANY OF YOUR TOWNS WITHIN YOUR LAND THAT THE LORD YOUR GOD IS GIVING YOU, YOU SHALL NOT HARDEN YOUR HEART OR SHUT YOUR HAND AGAINST YOUR POOR BROTHER, BUT YOU SHALL OPEN YOUR HAND TO HIM AND LEND HIM SUFFICIENT FOR HIS NEED, WHATEVER IT MAY BE.

DEUTERONOMY 15 : 7 - 8

WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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SO THEN LET US PURSUE WHAT MAKES FOR PEACE AND FOR MUTUAL UPBUILDING.

## ROMANS 14 : 19

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

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BE STRONG AND COURAGEOUS, FOR YOU SHALL CAUSE THIS PEOPLE TO INHERIT THE LAND THAT I SWORE TO THEIR FATHERS TO GIVE THEM. ONLY BE STRONG AND VERY COURAGEOUS, BEING CAREFUL TO DO ACCORDING TO ALL THE LAW THAT MOSES MY SERVANT COMMANDED YOU. DO NOT TURN FROM IT TO THE RIGHT HAND OR TO THE LEFT, THAT YOU MAY HAVE GOOD SUCCESS WHEREVER YOU GO.

## JOSHUA 1:6-7

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

THIS BOOK OF THE LAW SHALL NOT DEPART FROM YOUR MOUTH, BUT YOU SHALL MEDITATE ON IT DAY AND NIGHT, SO THAT YOU MAY BE CAREFUL TO DO ACCORDING TO ALL THAT IS WRITTEN IN IT. FOR THEN YOU WILL MAKE YOUR WAY PROSPEROUS, AND THEN YOU WILL HAVE GOOD SUCCESS. HAVE I NOT COMMANDED YOU?

**BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED, AND DO NOT BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO.”**

## JOSHUA 1:8 - 9

## WHAT IS GOD SAYING TO ME?

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## TODAY'S PRAYER

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## TODAY's GOALS

## TODAY'S RESULTS

WHEN MOSES HAD FINISHED WRITING THE WORDS OF THIS LAW IN A BOOK TO THE VERY END, MOSES  
COMMANDED THE LEVITES WHO CARRIED THE ARK OF THE COVENANT OF THE LORD, "TAKE THIS BOOK OF THE  
LAW AND PUT IT BY THE SIDE OF THE ARK OF THE COVENANT OF THE LORD YOUR GOD, THAT IT MAY BE THERE  
FOR A WITNESS AGAINST YOU.

## DEUTERONOMY 31 : 24-26

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

PUT TO DEATH THEREFORE WHAT IS EARTHLY IN YOU: SEXUAL IMMORALITY, IMPURITY, PASSION, EVIL DESIRE, AND COVETOUSNESS, WHICH IS IDOLATRY. ON ACCOUNT OF THESE THE WRATH OF GOD IS COMING. IN THESE YOU TOO ONCE WALKED, WHEN YOU WERE LIVING IN THEM. BUT NOW YOU MUST PUT THEM ALL AWAY: ANGER, WRATH, MALICE, SLANDER, AND OBSCENE TALK FROM YOUR MOUTH. DO NOT LIE TO ONE ANOTHER, SEEING THAT YOU HAVE PUT OFF THE OLD SELF WITH ITS PRACTICES AND HAVE PUT ON THE NEW SELF, WHICH IS BEING RENEWED IN KNOWLEDGE AFTER THE IMAGE OF ITS CREATOR.

## COLOSSIANS 3:5 - 10

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

AGREE WITH GOD, AND BE AT PEACE; THEREBY GOOD WILL COME TO YOU. RECEIVE INSTRUCTION FROM HIS MOUTH, AND LAY UP HIS WORDS IN YOUR HEART.

JOB 22 : 21 - 22

WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S GOALS

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AGREE WITH GOD, AND BE AT PEACE; THEREBY GOOD WILL COME TO YOU. RECEIVE  
INSTRUCTION FROM HIS MOUTH, AND LAY UP HIS WORDS IN YOUR HEART.

TITUS 2 : 7 - 8

WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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THE THEREFORE, PREPARING YOUR MINDS FOR ACTION, AND BEING SOBER-MINDED, SET YOUR HOPE FULLY ON THE GRACE THAT WILL BE BROUGHT TO YOU AT THE REVELATION OF JESUS CHRIST. AS OBEDIENT CHILDREN, DO NOT BE CONFORMED TO THE PASSIONS OF YOUR FORMER IGNORANCE, BUT AS HE WHO CALLED YOU IS HOLY, YOU ALSO BE HOLY IN ALL YOUR CONDUCT, SINCE IT IS WRITTEN, "YOU SHALL BE HOLY, FOR I AM HOLY."

1 PETER 1:13 - 16

## WHAT IS GOD SAYING TO ME?

## TODAY'S PRAYER

## **TODAY's GOALS**

## TODAY'S RESULTS

PUT ON THEN, AS GOD'S CHOSEN ONES, HOLY AND BELOVED, COMPASSIONATE HEARTS, KINDNESS, HUMILITY, MEEKNESS, AND PATIENCE, BEARING WITH ONE ANOTHER AND, IF ONE HAS A COMPLAINT AGAINST ANOTHER, FORGIVING EACH OTHER; AS THE LORD HAS FORGIVEN YOU, SO YOU ALSO MUST FORGIVE.

## COLOSSIANS 3:12 - 13

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

## TODAY'S GOALS

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## TODAY'S RESULTS

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SUBMIT YOURSELVES THEREFORE TO GOD. RESIST THE DEVIL, AND HE WILL FLEE FROM YOU. DRAW NEAR TO GOD, AND HE WILL DRAW NEAR TO YOU. CLEANSE YOUR HANDS, YOU SINNERS, AND PURIFY YOUR HEARTS, YOU DOUBLE-MINDED.

## JAMES 4:7 - 8

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

## TODAY'S GOALS

## TODAY'S RESULTS

WE HAVE ALL BECOME LIKE ONE WHO IS UNCLEAN, AND ALL OUR RIGHTEOUS DEEDS ARE LIKE A POLLUTED GARMENT. WE ALL FADE LIKE A LEAF, AND OUR INIQUITIES, LIKE THE WIND, TAKE US AWAY. THERE IS NO ONE WHO CALLS UPON YOUR NAME, WHO ROUSES HIMSELF TO TAKE HOLD OF YOU; FOR YOU HAVE HIDDEN YOUR FACE FROM US, AND HAVE MADE US MELT IN THE HAND OF OUR INIQUITIES. BUT NOW, O LORD, YOU ARE OUR FATHER; WE ARE THE CLAY, AND YOU ARE OUR POTTER; WE ARE ALL THE WORK OF YOUR HAND. BE NOT SO TERRIBLY ANGRY, O LORD, AND REMEMBER NOT INIQUITY FOREVER. BEHOLD, PLEASE LOOK, WE ARE ALL YOUR PEOPLE.

## ISAIAH 64 : 6 - 9

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY'S GOALS

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## TODAY'S RESULTS

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HIS DIVINE POWER HAS GRANTED TO US ALL THINGS THAT PERTAIN TO LIFE AND GODLINESS, THROUGH THE KNOWLEDGE OF HIM WHO CALLED US TO HIS OWN GLORY AND EXCELLENCE, BY WHICH HE HAS GRANTED TO US HIS PRECIOUS AND VERY GREAT PROMISES, SO THAT THROUGH THEM YOU MAY BECOME PARTAKERS OF THE DIVINE NATURE, HAVING ESCAPED FROM THE CORRUPTION THAT IS IN THE WORLD BECAUSE OF SINFUL DESIRE. FOR THIS VERY REASON, MAKE EVERY EFFORT TO SUPPLEMENT YOUR FAITH WITH VIRTUE, AND VIRTUE WITH KNOWLEDGE, AND KNOWLEDGE WITH SELF-CONTROL, AND SELF-CONTROL WITH STEADFASTNESS, AND STEADFASTNESS WITH GODLINESS, AND GODLINESS WITH BROTHERLY AFFECTION, AND BROTHERLY AFFECTION WITH LOVE.

## 2 PETER 1:3 - 7

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

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## TODAY's GOALS

## TODAY'S RESULTS

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IF ANYONE TEACHES A DIFFERENT DOCTRINE AND DOES NOT AGREE WITH THE SOUND WORDS OF OUR LORD JESUS CHRIST AND THE TEACHING THAT ACCORDS WITH GODLINESS, HE IS PUFFED UP WITH CONCEIT AND UNDERSTANDS NOTHING. HE HAS AN UNHEALTHY CRAVING FOR CONTROVERSY AND FOR QUARRELS ABOUT WORDS, WHICH PRODUCE ENVY, DISSENSION, SLANDER, EVIL SUSPICIONS, AND CONSTANT FRICTION AMONG PEOPLE WHO ARE DEPRAVED IN MIND AND DEPRIVED OF THE TRUTH, IMAGINING THAT GODLINESS IS A MEANS OF GAIN.

## 2 TIMOTHY 6:3-5

## WHAT IS GOD SAYING TO ME?

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## **TODAY'S PRAYER**

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## TODAY'S GOALS

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## TODAY'S RESULTS

BUT AS FOR YOU, CONTINUE IN WHAT YOU HAVE LEARNED AND HAVE FIRMLY BELIEVED, KNOWING FROM WHOM YOU LEARNED IT AND HOW FROM CHILDHOOD YOU HAVE BEEN ACQUAINTED WITH THE SACRED WRITINGS, WHICH ARE ABLE TO MAKE YOU WISE FOR SALVATION THROUGH FAITH IN CHRIST JESUS. ALL SCRIPTURE IS BREATHED OUT BY GOD AND PROFITABLE FOR TEACHING, FOR REPROOF, FOR CORRECTION, AND FOR TRAINING IN RIGHTEOUSNESS, THAT THE MAN OF GOD MAY BE COMPLETE, EQUIPPED FOR EVERY GOOD WORK.

2 TIMOTHY 3 : 14 - 17

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### WHAT IS GOD SAYING TO ME?

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### TODAY'S PRAYER

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### TODAY'S GOALS

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### TODAY'S RESULTS

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REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU. DO NOT QUENCH THE SPIRIT. DO NOT DESPISE PROPHECIES, BUT TEST EVERYTHING; HOLD FAST WHAT IS GOOD. ABSTAIN FROM EVERY FORM OF EVIL.

1 THESSALONIANS 5 : 16 -22

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### WHAT IS GOD SAYING TO ME?

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### TODAY'S PRAYER

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### TODAY'S GOALS

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### TODAY'S RESULTS

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CLARITY

IF THEN YOU HAVE BEEN RAISED WITH CHRIST, SEEK THE THINGS THAT ARE ABOVE, WHERE CHRIST IS, SEATED AT THE RIGHT HAND OF GOD. SET YOUR MINDS ON THINGS THAT ARE ABOVE, NOT ON THINGS THAT ARE ON EARTH. FOR YOU HAVE DIED, AND YOUR LIFE IS HIDDEN WITH CHRIST IN GOD.

COLOSSIANS 3 : 1 - 3

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S GOALS

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TODAY'S RESULTS

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CLARITY

FOR THOSE WHO LIVE ACCORDING TO THE FLESH SET THEIR MINDS ON THE THINGS OF THE FLESH, BUT THOSE WHO LIVE ACCORDING TO THE SPIRIT SET THEIR MINDS ON THE THINGS OF THE SPIRIT. FOR TO SET THE MIND ON THE FLESH IS DEATH, BUT TO SET THE MIND ON THE SPIRIT IS LIFE AND PEACE.

ROMANS 8 : 5 - 6

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S GOALS

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THEREFORE, AS YOU RECEIVED CHRIST JESUS THE LORD, SO WALK IN HIM, ROOTED AND BUILT UP IN HIM AND ESTABLISHED IN THE FAITH, JUST AS YOU WERE TAUGHT, ABOUNDING IN THANKSGIVING. SEE TO IT THAT NO ONE TAKES YOU CAPTIVE BY PHILOSOPHY AND EMPTY DECEIT, ACCORDING TO HUMAN TRADITION, ACCORDING TO THE ELEMENTAL SPIRITS OF THE WORLD, AND NOT ACCORDING TO CHRIST. FOR IN HIM THE WHOLE FULLNESS OF DEITY DWELLS BODILY, AND YOU HAVE BEEN FILLED IN HIM, WHO IS THE HEAD OF ALL RULE AND AUTHORITY.

## COLOSSIANS 2 : 6 - 7

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

## TODAY's GOALS

## TODAY'S RESULTS

I WILL INSTRUCT YOU AND TEACH YOU IN THE WAY YOU SHOULD GO; I WILL COUNSEL YOU WITH MY EYE UPON YOU. BE NOT LIKE A HORSE OR A MULE, WITHOUT UNDERSTANDING, WHICH MUST BE CURBED WITH BIT AND BRIDLE, OR IT WILL NOT STAY NEAR YOU. MANY ARE THE SORROWS OF THE WICKED, BUT STEADFAST LOVE SURROUNDS THE ONE WHO TRUSTS IN THE LORD. BE GLAD IN THE LORD, AND REJOICE, O RIGHTEOUS, AND SHOUT FOR JOY, ALL YOU UPRIGHT IN HEART!

PSALMS 32 : 8 - 11

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S RESULTS

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I DO NOT CEASE TO GIVE THANKS FOR YOU, REMEMBERING YOU IN MY PRAYERS, THAT THE GOD OF OUR LORD JESUS CHRIST, THE FATHER OF GLORY, MAY GIVE YOU THE SPIRIT OF WISDOM AND OF REVELATION IN THE KNOWLEDGE OF HIM, HAVING THE EYES OF YOUR HEARTS ENLIGHTENED, THAT YOU MAY KNOW WHAT IS THE HOPE TO WHICH HE HAS CALLED YOU, WHAT ARE THE RICHES OF HIS GLORIOUS INHERITANCE IN THE SAINTS, AND WHAT IS THE IMMEASURABLE GREATNESS OF HIS POWER TOWARD US WHO BELIEVE, ACCORDING TO THE WORKING OF HIS GREAT MIGHT THAT HE WORKED IN CHRIST WHEN HE RAISED HIM FROM THE DEAD AND SEATED HIM AT HIS RIGHT HAND IN THE HEAVENLY PLACES, FAR ABOVE ALL RULE AND AUTHORITY AND POWER AND DOMINION, AND ABOVE EVERY NAME THAT IS NAMED, NOT ONLY IN THIS AGE BUT ALSO IN THE ONE TO COME.

## EPHESIANS 1:16 - 21

## WHAT IS GOD SAYING TO ME?

## **TODAY'S PRAYER**

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## TODAY'S GOALS

## TODAY'S RESULTS

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COUNT IT ALL JOY, MY BROTHERS, WHEN YOU MEET TRIALS OF VARIOUS KINDS, FOR YOU KNOW THAT THE TESTING OF YOUR FAITH PRODUCES STEADFASTNESS. AND LET STEADFASTNESS HAVE ITS FULL EFFECT, THAT YOU MAY BE PERFECT AND COMPLETE, LACKING IN NOTHING. IF ANY OF YOU LACKS WISDOM, LET HIM ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT REPROACH, AND IT WILL BE GIVEN HIM. BUT LET HIM ASK IN FAITH, WITH NO DOUBTING, FOR THE ONE WHO DOUBTS IS LIKE A WAVE OF THE SEA THAT IS DRIVEN AND TOSSED BY THE WIND.

JAMES 1 : 2 - 6

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WHAT IS GOD SAYING TO ME?

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TODAY'S PRAYER

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TODAY'S RESULTS

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**YOU MADE IT!!  
CONGRATULATIONS!**

HERE IS AN OPPORTUNITY TO REFLECT ON THE JOURNEY THAT GOD HAS TAKEN YOU  
THROUGH OVER THE PAST 40 DAYS.

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As I LOOK BACK THROUGH MY NOTES OVER THE PAST 40 DAYS, HERE'S WHAT I NOTICED

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HERE ARE A FEW OF MY FAVORITE TESTIMONIES OVER THE PAST 40 DAYS:

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THIS OCCURRED AND IT WAS UNEXPECTED:

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HERE IS HOW I HAVE CHANGED OVER THE PAST 40 DAYS:

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REVIEW