

FIRST BAPTIST CHURCH SOUTH HILL

**DREAM**

**FAST**

**FAST GUIDE**



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# Letter from the Pastor

Greetings, Family!

This year, our church theme is "Dream Big." I firmly believe that God has an incredible vision for our church, our families, and our communities. The dreams He has for us are greater than we can imagine, and this year, He is calling us to step into that vision with bold faith and expectancy. To kick off this new season, we are setting aside 21 days at the beginning of the year to fast and seek God like never before.

Whether this is your first time fasting or it's a regular part of your spiritual walk, my prayer for you is that these 21 days will be a time of deep transformation. As we humble ourselves before God and align our hearts with His, I believe He will reveal to us new perspectives and fresh vision. These 21 days are not just about giving something up; they are about positioning ourselves to hear from God in ways that will open our eyes to the limitless possibilities He has in store. As we seek His guidance, I trust He will empower us to dream beyond our current circumstances and reimagine what's truly possible for our lives, our families, and our church.

This is a season of purpose, a season of stepping into God's plans with renewed clarity. It's time to Dream Big! Let's believe together for breakthrough, for growth, and for a vision that surpasses all we have thought possible. The future is bright, and God is leading us into a new season of purpose and destiny. Let's press in and prepare to receive what He has for us in 2025. Let's Dream Big!

*Rev. Reginald E. Wise*

**Senior Pastor  
First Baptist Church South Hill**

# What is Biblical Fasting?

Biblical fasting is the voluntary act of abstaining from food (or other specific pleasures) for a period of time in order to focus on prayer, worship, and seeking God's will. It is a sacred practice that is found throughout the Bible, where individuals and communities fasted to humble themselves before God, repent, seek His guidance, and prepare for a move of God. Fasting is not just about physical hunger but is a means of spiritual hunger, where we intentionally empty ourselves of worldly distractions to be filled with more of God.

Jesus, in Matthew 6:16-18, teaches us that fasting should not be done for outward display or to gain attention but should be a secret act between us and God. It is a way to focus on God's presence, hear His voice more clearly, and align our hearts and lives with His purposes. It is a tool for spiritual growth, repentance, and seeking breakthroughs in areas of our lives where we need God's intervention.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, anoint your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

-Matthew 6:16-18

# Why Do We Fast?

Fasting is primarily about seeking God's presence and His will for our lives. There are several key reasons why we fast in the Bible, and these purposes can guide our own fasting journey:

- **To Humble Ourselves Before God:** Fasting is an act of humility where we acknowledge our dependence on God. It is a way of saying, "I need You, God, more than anything else." In the Bible, we see fasting used as a response to repentance (Joel 2:12) and a means of seeking God's favor and mercy.
- **To Seek God's Guidance:** In times of uncertainty or decision-making, fasting is a way to focus on hearing God's voice. Just as King Jehoshaphat and the people of Judah fasted to seek God's direction before a battle (2 Chronicles 20), we can use fasting to discern God's will for our lives.
- **To Strengthen Our Faith and Dependence on God:** Jesus fasted for 40 days in the wilderness, not out of necessity but to demonstrate complete reliance on the Father. Through fasting, we grow in trust that God will provide for us, spiritually and physically, even as we temporarily give up worldly comforts.
- **For Breakthroughs and Deliverance:** Fasting can also be used to petition God for breakthrough, healing, or deliverance. In Mark 9:29, Jesus tells His disciples that some demons can only be driven out through prayer and fasting. Fasting empowers our prayers and strengthens our spiritual resolve.

"Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah."

-2 Chronicles 20:3

# How to Fast?

Fasting is a personal and spiritual journey that requires intentionality, self-discipline, and reliance on God. Here's how to fast effectively:

## 1. Prepare Your Heart and Mind

Before beginning your fast, take time to pray and prepare your heart. Ask God to reveal any areas of your life that need to be surrendered. Confess any sin, and ask God for grace, strength, and clarity during the fast. Fasting is a spiritual journey, so approaching it with the right heart and attitude is essential.

## 2. Focus on Prayer and Worship

Fasting without prayer is simply dieting. The purpose of fasting is to deepen your connection with God, so use the time you would normally spend eating or distracted by other things to pray, read Scripture, and worship. Set aside intentional time each day to focus on God, asking Him for wisdom, guidance, or breakthroughs in your life.

## 3. Stay Hydrated and Care for Your Body

While fasting, especially during a complete or partial fast, it's essential to drink plenty of water. Your body still needs hydration, so be sure to care for yourself physically. If you are fasting for a longer period or have health concerns, consult a doctor or health professional.

## 4. End the Fast Gradually

After your fast is over, don't rush back into your regular eating routine. Break the fast slowly by reintroducing light, simple foods, especially if you have fasted for an extended period. This will help your body adjust and avoid discomfort.

# Fast Instructions

## Fast Options

Option 1: Daniel Fast

Option 2: Partial Fast (No Food from 6am-6pm)

Option 3: Eliminate sweets, caffeine, and alcoholic beverages

Option 4: No Social Media (TikTok, Instagram, Facebook, etc.)

## Prayer

Prayer and fasting go hand in hand as we seek God's guidance and power. As we embark upon our 21-day fast as a congregation, we will gather for prayer every Monday, Wednesday, and Friday at 6:00 AM. We invite you to join us as we come together in faith, believing God will do something BIG in our lives and in our church.

### **Prayer Call Info:**

Dial in: 1-520-525-8109

# What is the Daniel Fast?

The Daniel Fast is a specific type of partial fast based on the biblical example of Daniel. In Daniel 1:12–16, Daniel and his companions chose not to eat the king's rich food and wine. Instead, they ate vegetables and fruits and drank only water. This fast lasted for 21 days, and at the end, they appeared healthier and wiser than those who had eaten the king's food.

## Daniel Fast: Guidelines

**Food:** Only plant-based foods are consumed. This includes fruits, vegetables, whole grains, legumes (beans), nuts, and seeds.

**Drink:** Only water and 100% fruit juices (such as fresh-squeezed or cold-pressed juices) with no added sugar are allowed. Please avoid drinks with added sugars or sweeteners.

**No:** Meat, dairy, processed foods, sweeteners (honey, sugar, syrups), and any form of caffeine or alcohol.

The Daniel Fast is not just a diet—it's a spiritual discipline intended to draw you closer to God. The focus is not on what you're giving up but on what you are gaining: a deeper relationship with God and a clearer vision of His will for your life.

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."

-Daniel 1:12

# Daniel Fast: Grocery List

**Fruits:** these can be fresh, frozen, dried, juiced, or canned. apples, apricots, bananas, blackberries, blueberries,, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

**Vegetables:** these can be fresh, frozen, dried, juiced, or canned. artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini.

**Whole grains:** barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla. A

**Nuts and seeds:** almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini

**Legumes:** (canned or dried) black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

**Quality oils:** avocado coconut, grape seed, olive, peanut, and sesame.

**Water:** Distilled water, filtered water, or spring water.



# Daniel Fast: Grocery List

**Soy foods:** These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

**Condiments and cooking ingredients:** Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soynnaise, spices, TVP, vanilla, and vegetable broth.

\* You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

# Fasting Encouragement

Fasting is a challenging but rewarding discipline. As you enter into this 21-day fast, know that you are stepping into a season of spiritual growth, breakthrough, and alignment with God's purposes. Here are some words of encouragement:

## 1. You Are Not Alone

Fasting can feel difficult at times, but remember that God is with you. Jesus fasted for 40 days in the wilderness, and He understands your struggles. Turn to Him in prayer whenever you feel weak, and He will give you strength (Isaiah 40:31).

## 2. Keep Your Focus on God

It's easy to get distracted by hunger or cravings, but fasting is not about what you give up—it's about drawing nearer to God. Use every moment of hunger as a reminder to pray, seek His presence, and listen for His voice.

## 3. God Will Reward Your Faithfulness

Jesus promised that those who fast in secret will be rewarded by God (Matthew 6:18). Though the process may feel uncomfortable at times, trust that God is honoring your sacrifice and will use this fast to bring about transformation in your life.

## 4. Fasting is Not a Quick Fix

Transformation through fasting doesn't happen overnight. Be patient with yourself, and trust that God is working in you. Take note of the small changes in your heart, thoughts, and actions as you progress through the fast.

## 5. You Will Experience Breakthroughs

Fasting often brings clarity, breakthroughs, and answers to prayer. Trust that as you humble yourself before God, He will reveal His will for your life, remove obstacles, and empower you for the journey ahead.



**DREAM**

*Week 1:*

*Aligning with God's*

*Kingdom Vision*

# Devotional: Day 1

*As we enter this 21-day fast focused on Dreaming Big, we are aligning our hearts and minds with God's vision for our lives and our church.*

*During this time, we'll seek God's direction, deepen our faith, and prepare ourselves for the Kingdom Dream He has for us. This fast is not just about giving up things but about creating more space for God to work in us and through us.*

Day 1: Seeking Clarity on God's Purpose

Scripture: Jeremiah 29:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

As we begin this 21-day journey, it's important to acknowledge that God has a specific, personal purpose for your life. He has not left you to wander aimlessly. Instead, He has already prepared a plan for you, a vision that transcends the ordinary and invites you into something far greater. This is the first step in aligning with God's Kingdom: asking Him for clarity about the role He wants you to play. As you seek His direction in prayer, trust that He will reveal the unique calling He has placed on your life. Your purpose is not an accident; it is a divine invitation to join Him in His Kingdom work.

As you press into God's presence, invite Him to open your heart and mind to His specific plans for you. Be still and listen, and don't be afraid to pray for boldness in your pursuit of His will. Ask God to reveal any distractions or misalignments in your life that may be keeping you from clearly seeing His purpose. Remember, the clarity you seek will come when you open your heart to trust and obey His leading, knowing that His plans are good and filled with hope for your future.

Prayer: Lord, help me to align my heart with Your Kingdom vision. Open my eyes to the plans You have for me and give me the courage to follow Your direction. Show me how I can be part of Your greater purpose on this earth.

# Devotional: Day 2

Day 2: Letting Go of Distractions  
Scripture: Hebrews 12:1

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

Distractions are often the enemy of clarity. In a world that bombards us with constant noise and endless options, it's easy to lose focus on what truly matters. This passage from Hebrews calls us to lay aside every weight that slows us down, particularly the sin and distractions that entangle us. God is inviting you to let go of anything that competes with His voice in your life. Whether it's unhealthy relationships, media consumption, or misplaced priorities, distractions rob us of the time and space needed to hear from God. As you journey through this fast, ask the Holy Spirit to reveal the things in your life that are pulling your attention away from God's Kingdom vision.

To align your heart with God's Kingdom, you must be willing to let go of the things that hinder you from moving forward in faith. This could be emotional baggage, habits, or even well-meaning commitments that are diverting your focus. As you surrender these distractions to God, trust that He will create space for you to hear clearly and act courageously in response to His call.

Prayer: Father, show me what has been distracting me from Your calling. Help me to focus on what truly matters and give me the strength to pursue Your Kingdom vision with unwavering determination.

# Devotional: Day 3

Day 3: Surrendering Your Plans  
Scripture: Proverbs 16:3

"Commit to the Lord whatever you do, and he will establish your plans."

Our plans often feel safe and comfortable, and it can be difficult to let them go in exchange for God's plans. The tension between our desires and God's will is a real battle. But when we commit our ways to the Lord, as this verse instructs, we acknowledge that His plans are not only better but are perfectly tailored to our calling. Surrendering our plans is not about giving up on dreams; it's about inviting God to shape and refine them according to His perfect will. It's about saying, "Not my will, but Yours be done." During this fast, take time to reflect on the plans you've held tightly to and ask God to refine or redirect them according to His Kingdom purposes.

Surrendering is an act of trust. It's a statement that says, "I believe You, God, and I trust You more than my own plans." Allow the Holy Spirit to search your heart and reveal any areas where you've held back. As you surrender your plans, you open yourself up to a greater adventure—one that may not always look like what you expected, but will always lead to fulfillment in God's will.

Prayer: Lord, I surrender my dreams and plans to You. I trust that Your vision for my life is far greater than anything I can imagine. Help me to follow Your lead in all things, and refine my desires to align with Your purpose.

# Devotional: Day 4

Day 4: Aligning Our Hearts with God's Kingdom  
Scripture: Matthew 6:33

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

This verse serves as a powerful reminder to prioritize God's Kingdom above all else. When we seek God's Kingdom first, we align our hearts with His purposes. His Kingdom is a place of justice, mercy, truth, and love, and when we seek His righteousness, we reflect His heart to the world. During this fast, ask God to realign your priorities with His. Often, we get distracted by the things we want to achieve personally—success, wealth, recognition—but God is calling us to something higher. The promise here is that when we seek His Kingdom, He will take care of the rest.

Ask God today to purify your desires and realign them with His Kingdom purposes. Where have your ambitions been misplaced? How can you actively seek His Kingdom in your daily life, your work, and your relationships? Trust that when your heart is aligned with God's righteousness, everything else will fall into place. Let go of personal ambitions that conflict with His mission and shift your focus to building His Kingdom first and foremost.

Prayer: Father, I seek Your Kingdom first today. Align my heart with Your priorities and help me to live for Your righteousness. May I become a vessel for Your Kingdom here on earth.

# Devotional: Day 5

Day 5: Renewing Your Mind  
Scripture: Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will."

Our thoughts are the gateway to our actions, and what we think about shapes who we become. God calls us to transform our minds, to shift away from the world's pattern of thinking and into His Kingdom perspective. This transformation is necessary in order to understand and follow God's perfect will. During this fast, ask the Holy Spirit to renew your mind, breaking down worldly thoughts that hinder your growth. This process requires intentionality: we must actively reject the lies of the world and embrace God's truth.

Renewing your mind involves immersing yourself in God's Word and allowing His truth to reshape the way you view your life and your dreams. You are not bound by worldly standards, but called to something greater. When you renew your mind, you position yourself to test and approve what God has in store for you. Trust that His will is always good, pleasing, and perfect and that as you renew your mind, He will give you the clarity to follow it fully.

Prayer: God, renew my mind so that I can clearly see Your will for my life. Break down the patterns of thinking that have kept me focused on earthly things, and help me to dream according to Your Kingdom vision.



# Devotional: Day 6

Day 6: The Power of Prayer and Fasting  
Scripture: Mark 9:29

"He replied, 'This kind can come out only by prayer and fasting.'"

Prayer and fasting are powerful spiritual disciplines that create space for God to move in our lives. In this passage, Jesus teaches His disciples that some breakthroughs—particularly in areas of spiritual warfare and personal transformation—require prayer and fasting. Fasting is not just about abstaining from food; it is about creating intentional space to seek God's presence and align our hearts with His. When we fast and pray, we open ourselves to a deeper connection with God, allowing Him to work in us and through us.

During this fast, allow God to deepen your prayer life. Ask Him to speak to you in new ways, to reveal His plans for your life, and to empower you to walk in His purpose. As you dedicate yourself to prayer and fasting, trust that He is working behind the scenes to bring about the breakthrough you need to align fully with His Kingdom vision for your life. Don't rush through this process, but allow time for quiet moments where God can speak to your heart.

Prayer: Lord, I commit this time of prayer and fasting to You. Use it to draw me closer to You, to deepen my relationship with You, and to give me clarity in understanding Your Kingdom purpose for my life.

# Devotional: Day 7

Day 7: Trusting God for Big Dreams  
Scripture: Ephesians 3:20

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."

God is a God who dreams big! He doesn't just want you to dream, He wants you to dream beyond what you can imagine. He is able to do far more than you could ever hope or ask for. Today, ask God to expand your vision. Pray that He would give you the faith to believe that His plans for you are greater than your own understanding. The key to trusting God for bigger dreams is acknowledging His infinite power and limitless ability. He is able to do far beyond what you think is possible.

This is an invitation to think bigger, to step out of your comfort zone, and to believe that the dreams God has placed in your heart are just the beginning of what He wants to do through you. Ask God to enlarge your capacity for dreaming and believing. He has placed within you the ability to dream, but He also provides the power to bring those dreams to fruition. Trust that He will equip you for the big things He has in store.

Prayer: Lord, I trust that Your dreams for me are bigger than anything I can imagine. Increase my faith to believe in Your power to do immeasurably more than I can ask or think. Expand my vision for my life and Your Kingdom.



DREAM

Week 2:

Trusting God for Bigger  
Dreams

# Devotional: Day 8

Day 8: Seeing Through God's Eyes  
Scripture: Isaiah 55:8-9

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Our human perspective is limited by our circumstances, past experiences, and understanding, but God's perspective is infinitely broader and higher than ours. We often base our dreams and plans on what we can see or imagine, but God sees the full picture—past, present, and future. His thoughts and ways transcend our understanding, and His vision for our lives is much grander than we could ever conceive. When we align ourselves with His perspective, we begin to see not only the present, but also the possibilities for the future. God's dreams for us are not confined by the limitations we feel or the challenges we face; they are based on His eternal vision and purpose for our lives.

To see through God's eyes, we must invite Him into our vision process. We can ask Him to give us a fresh perspective on our future, to help us let go of small thinking, and to see the expansive, Kingdom-focused dreams He has placed within us. Trusting God for bigger dreams begins by shifting our perspective and realizing that His plans far exceed anything we could imagine on our own. With His eyes, we can see limitless possibilities and find the faith to step into a future that seems beyond reach.

Prayer: Lord, help me to see my life the way You see it. Give me the faith to trust that Your dreams for me are beyond anything I could imagine.

# Devotional: Day 9

Day 9: Letting Go of Limiting Beliefs  
Scripture: Philippians 4:13

"I can do all this through him who gives me strength."

We often limit ourselves by holding onto beliefs about what we can or cannot do, based on our abilities, past failures, or even societal expectations. These limiting beliefs can confine us and prevent us from fully embracing the big dreams God has placed in our hearts. But God's Word reminds us that with His strength, all things are possible. The very same power that raised Jesus from the dead is available to help us accomplish the dreams He has entrusted to us. When we rely on our own abilities, we see only the obstacles, but when we rely on God's strength, we can overcome any limitation. This truth invites us to trust in God's supernatural empowerment, rather than our own limitations.

As we grow in faith, we must be willing to let go of the beliefs that hold us back. God has equipped us with everything we need to fulfill His purposes in our lives, and He promises to provide the strength necessary to fulfill His dreams. Today, take time to ask God to reveal any limiting beliefs you've held onto, whether about yourself, your dreams, or your future. Ask Him to help you replace these beliefs with truth—truth that declares you are more than capable through Christ who strengthens you. God wants to use you in ways far beyond what you've imagined; let Him remove the limitations and empower you to dream bigger.

Prayer: Father, remove the limitations I've placed on myself. Help me to trust in Your strength to accomplish the big dreams You've placed in my heart.

# Devotional: Day 10

Day 10: Faith to Dream Beyond What We See

Scripture: 2 Corinthians 5:7

"For we live by faith, not by sight."

Living by faith is an invitation to step out of the realm of what we can see and into the realm of what God has promised. Our natural tendency is to plan and dream based on what we can observe and understand, but faith calls us to go beyond what we see with our eyes. God's vision for our lives often requires us to walk by faith, trusting that He will guide us, provide for us, and make a way even when we can't yet see the path ahead. Faith in God allows us to dream beyond our immediate circumstances and step into a future that is not limited by what is visible today. It challenges us to trust in God's promises even when the outcome is unclear.

When we choose to live by faith, we acknowledge that God's plans are greater than our understanding. Today, ask God to increase your faith so that you can trust Him fully, even when the road ahead is unclear. Whether your dreams seem impossible or the vision feels distant, remember that walking by faith means believing that God is faithful to fulfill every promise. His ability to accomplish what He has spoken far exceeds what we can see with our natural eyes. Ask Him to help you dream beyond what is immediately visible, knowing that He will guide you step by step into His perfect plan for your life.

Prayer: God, increase my faith to trust in You even when I don't know how things will unfold. Help me to dream beyond what I can see with my natural eyes.

# Devotional: Day 11

Day 11: Embracing the Impossible  
Scripture: Luke 1:37

"For no word from God will ever fail."

God's Word is powerful, and what He speaks is certain and true. The impossible becomes possible when we align our hearts with His promises. This verse from Luke reminds us that God is not bound by the limitations we see. His words have the power to create, to transform, and to bring about the impossible. If God has placed a dream in your heart, trust that His Word will never fail to accomplish what He has set out to do. Embracing the impossible doesn't mean ignoring the challenges; it means acknowledging that with God, those challenges are not obstacles but opportunities for His glory to be revealed.

To embrace the impossible, we must surrender our doubts and fears and allow God to stretch our faith. It may feel daunting to trust God with dreams that seem beyond reach, but when we remember that no word from God will ever fail, we can step out in confidence. Ask God today to help you embrace the impossible dreams He has placed in your heart and to trust that He will make a way. With God, there are no limits—only infinite possibilities. Trust that He will equip you, empower you, and provide everything you need to see those dreams come to fruition.

Prayer: Lord, I embrace the impossible dreams You've given me. I believe that with You, nothing is impossible, and I trust that You will make a way.

# Devotional: Day 12

Day 12: Kingdom Vision Beyond Comfort  
Scripture: Matthew 28:19-20

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

God's dream for our lives is not limited to personal success or comfort—it extends to His Kingdom, to the work He desires to do through us in the world. The Great Commission calls us to go beyond our comfort zones, to reach people across cultures, boundaries, and backgrounds, and to teach them about Jesus. This vision is not always easy; it requires sacrifice, courage, and the willingness to leave behind what is familiar. However, it is through stepping out of our comfort zones that we experience the fullness of God's purpose for our lives. God's Kingdom vision is always bigger than our own personal comfort—it calls us to embrace the challenges and risks that come with being part of His greater plan.

To dream big for God's Kingdom means allowing Him to stretch our hearts and our understanding of what is possible. As you pray today, ask God to open your eyes to His bigger vision for your life. Ask Him to move you beyond what is comfortable, so you can participate in the work He is doing in the world. Whether it's in your community or across the globe, God is calling you to be a part of His redemptive story. Trust that He will provide the courage and resources you need to fulfill His Kingdom vision, knowing that the adventure ahead is far greater than anything you can imagine.

Prayer: Father, stretch my vision and move me beyond my comfort zone. Help me to dream big for Your Kingdom, and give me the courage to step out in faith.



# Devotional: Day 13

Day 13: Empowered by the Holy Spirit  
Scripture: Acts 1:8

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

The Holy Spirit is not just a presence in our lives; He is the empowering force that equips us to live out God's dreams and purposes. In Acts 1:8, Jesus promises the disciples that they will receive power when the Holy Spirit comes upon them, and this power is not just for personal strength, but to fulfill God's mission in the world. God has placed big dreams in your heart, and He has not left you to accomplish them in your own strength. The Holy Spirit empowers you to walk out the callings He has placed on your life. Whether your dream is to start a business, serve in ministry, or impact your community, you can rely on the Holy Spirit for the wisdom, strength, and boldness to make it happen.

As you continue to seek God's Kingdom vision for your life, remember that you are not alone. The Holy Spirit equips you for every step of the journey, giving you the power to overcome obstacles and the courage to step out in faith. Pray today for a fresh infilling of the Holy Spirit, that He would empower you to live out your God-given dreams. Trust that His presence will guide you, strengthen you, and give you the boldness to carry out the mission God has set before you.

Prayer: Holy Spirit, empower me to live out God's dream for me. Fill me with the courage, strength, and wisdom I need to fulfill His calling on my life.

# Devotional: Day 14

Day 14: Trusting God's Timing  
Scripture: Ecclesiastes 3:1

"There is a time for everything, and a season for every activity under the heavens."

God's timing is perfect, but often, we are impatient. We want things to happen on our timeline, but God's plan unfolds in His perfect season. Just as there are seasons in nature, there are seasons in our lives, and each season is necessary for our growth and preparation. Sometimes, we may feel like things are moving slowly or that our dreams are delayed, but God is always working behind the scenes. Trusting God's timing means accepting that His ways are better than our ways, and His timing is better than our own understanding. The dreams God has placed in your heart will come to pass, but they will unfold according to His perfect timing.

In those moments of waiting, trust that God is working even when you can't see it. Trust that He is preparing you, aligning circumstances, and opening doors at the right moment. Ask God to give you patience and faith as you wait for His plans to unfold. Know that every season you walk through has a purpose, and in His perfect timing, He will bring to fruition the dreams He has placed within you. Trust Him to guide you, and be faithful to His call, even while you wait.

Prayer: God, help me to trust Your timing. Give me patience as I wait for Your dreams to unfold in my life. I trust that You are working even when I can't see it.



**DREAM**

*Week 3:*

*Transformation Through  
Prayer and Fasting*

# Devotional: Day 15

Day 15: Spiritual Transformation

Scripture: Romans 12:1-2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Spiritual transformation begins with a decision to surrender our lives to God's will, which requires a deep internal shift. The process of transformation isn't just about changing behaviors or outward actions—it's about renewing our minds and hearts to reflect God's values and perspectives. In Romans 12, Paul calls us to break free from the world's pattern of thinking and living, which is often driven by self-interest, consumerism, and temporary desires. Instead, we are invited to embrace a new way of thinking that aligns with God's eternal truth. This transformation happens when we allow God to mold and shape us into the image of His Son, Jesus Christ, through the renewing power of His Word and His Spirit.

During this time of fasting, we can ask God to renew our minds, clearing out any thoughts that are limiting our growth in Him. As we submit to God's work in us, we begin to test and approve what His will is for our lives. This spiritual transformation enables us to align our desires with His, allowing us to walk in His good, pleasing, and perfect will. In the process, our hearts are purified, our vision is sharpened, and our lives begin to reflect His character in deeper ways. Ask God to change your thoughts, attitudes, and desires so that you can be more like Christ, and align your life with His greater purpose for you.

Prayer: Lord, transform my heart and mind during this fast. Renew my spirit and help me align my life with Your perfect will.

# Devotional: Day 16

Day 16: Strengthening Relationships

Scripture: Colossians 3:13-14

"Bear with each other and forgive one another...And over all these virtues put on love, which binds them all together in perfect unity."

Transformation doesn't only happen within us—it impacts the way we relate to others. As God works in our hearts, He also desires to transform our relationships, making them reflect His love and grace. In Colossians, Paul encourages us to bear with one another, meaning that we are called to extend patience and understanding, especially in difficult relationships. Forgiveness plays a crucial role in this transformation. We are reminded that just as Christ has forgiven us, we must forgive others. When we choose forgiveness, we allow God to heal and restore relationships, and we create space for His love to flow freely between us. As we seek transformation through prayer and fasting, we are called to allow His love to bind us together in unity, above all other virtues.

As you continue on your fast, ask God to help you transform your relationships—whether it's with family, friends, coworkers, or even strangers. Pray that God will give you the strength to forgive, the grace to bear with others, and the wisdom to navigate difficult situations. Let your relationships be an outpouring of God's love, reflecting His peace, patience, and understanding. In doing so, you will create an environment where His love and grace can thrive, strengthening the bonds you share with others and drawing those around you closer to His Kingdom.

Prayer: God, transform my relationships by Your love. Help me to forgive, love, and encourage others, so that my life reflects Your grace and unity.

# Devotional: Day 17

Day 17: The Power of Prayer in Transformation

Scripture: James 5:16

"The prayer of a righteous person is powerful and effective."

Prayer is a powerful tool that God has given us for transformation. In James 5:16, we are reminded that the prayer of a righteous person is not only powerful but also effective. Prayer is an intimate connection with God where we align our hearts with His, asking for His intervention, guidance, and empowerment. As we fast and pray, we are engaging in a spiritual discipline that allows God to work deeply within us. Prayer has the ability to transform our hearts, our circumstances, and the world around us, because it taps into the power of a God who is all-knowing, all-powerful, and ever-present. When we pray with boldness and faith, we release God's power to shape our lives in ways that we could never do on our own.

During this time of fasting, ask God to help you pray with confidence, knowing that your prayers are effective. Sometimes, we may feel that our prayers are insignificant, but Scripture assures us that the prayers of a righteous person are powerful. As you pray, expect God to move on your behalf—to transform your life, your dreams, and your community. Trust that your prayers will not return void, but will accomplish what God desires in His perfect timing. Be encouraged that every prayer you offer during this fast is making a difference, and God is using them to bring about lasting transformation.

Prayer: Father, I pray with boldness and faith during this fast. I believe that You are using my prayers to transform my life, my dreams, and my community.

# Devotional: Day 18

Day 18: Empowered for Kingdom Impact

Scripture: Acts 4:31

"After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."

Transformation is not just for personal growth—it is meant to empower us for action in God's Kingdom. In Acts 4:31, we see that after the early disciples prayed, they were filled with the Holy Spirit and given the boldness to speak the word of God with courage and conviction. Prayer is the gateway to receiving God's empowerment, and when we are filled with the Holy Spirit, we are equipped to carry out His will on earth. The transformation that occurs through prayer and fasting is not just for our benefit; it is meant to make us agents of change in the world. Just as the disciples were empowered to preach boldly, we too are called to be bold witnesses of God's love and truth, bringing His Kingdom to wherever we go.

During this fast, ask God to fill you with the Holy Spirit so that you can live out the transformation He has worked in your life. Ask Him to give you the boldness to step into the dreams He has placed within you, trusting that His Spirit will guide and empower you for Kingdom impact. Your life is meant to be a testimony of God's power and love, and through His Spirit, you will be equipped to make a difference in your community and beyond. Don't be afraid to step out in faith, knowing that God is with you, empowering you every step of the way.

Prayer: Holy Spirit, fill me with boldness to live out the transformation You've brought into my life. Use me for Your Kingdom purposes.

# Devotional: Day 19

Day 19: Transformation in Your Community

Scripture: Matthew 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house."

When God transforms our lives, it's not just for our personal benefit—it's meant to be a light to those around us. In Matthew 5, Jesus calls us to be the light of the world, just as a city on a hill cannot be hidden. Our transformed lives are meant to shine brightly, drawing others to the hope and love of Christ. This is especially true in our communities. As we allow God to work in us, He also calls us to impact the world around us. Transformation in our hearts should lead to transformation in the places where we live, work, and interact. Our actions, words, and attitudes should reflect the light of Christ in such a way that others are drawn to His love and truth.

During this fast, ask God to use your life as a light to impact your community. Whether it's through acts of kindness, words of encouragement, or living out God's truth in your daily interactions, your transformed life can be a powerful witness to the love of God. Don't hide your light under a bowl—let it shine brightly, so others can see the goodness of God and be drawn to Him. Trust that your transformation can make a tangible difference in your community, as others see Christ's light in you.

Prayer: Lord, use my transformed life to impact my community. Let Your light shine through me and draw others to Your Kingdom.



# Devotional: Day 20

Day 20: Stepping into God's Dream

Scripture: Joshua 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Transformation leads us to action. As God works in our lives, He calls us to step into the dreams and plans He has for us. In Joshua 1:9, God commands Joshua to be strong and courageous as he steps into the promises God had prepared for him. God's calling often requires us to move beyond our comfort zones and step into the unknown. But the key to taking these bold steps is the assurance that God is with us. His presence empowers us, strengthens us, and gives us the courage to move forward with faith. As you fast and pray, you may sense God calling you to take a step toward your dreams or His vision for your life.

Ask God to give you the courage and strength to step into the dreams He has placed in your heart. Whether it's a big decision, a new ministry, or a life change, trust that God will equip you for every step along the way. Know that you don't have to be afraid or discouraged, because God's presence will go with you, empowering you to fulfill His purposes. Step into the future with confidence, knowing that God is leading you toward His best for your life.

Prayer: Lord, give me the courage to step into Your dream for my life. I trust that You are with me, and I will not fear.

# Devotional: Day 21

Day 21: Celebration and Gratitude

Scripture: Philippians 1:6

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

As you come to the end of this 21-day journey, take time to celebrate the transformation that has taken place in your life. God has been working in you, renewing your mind, strengthening your relationships, empowering you for action, and guiding you closer to His dreams for your life. The process of transformation may have been challenging at times, but it is also a beautiful reminder that God is faithful to complete the work He has started in you. Philippians 1:6 reassures us that the good work God began in us will not end; He will continue to shape and mold us until the day Christ returns.

Take a moment to thank God for what He has done in your life during these 21 days of fasting and prayer. Celebrate the victories, the growth, and the new perspective you've gained. Look forward with hope to the continued transformation that will take place as you continue to follow God's leading in your life. Trust that the journey is not over; God will continue to work in you, refining you and bringing you closer to His purposes for you.

Prayer: Father, thank You for the work You've done in me during this fast. I trust that You will continue to guide me as I pursue Your dreams for my life.