

21 DAYS OF PRAYER & FASTING 2025

**Know God Intimately**  
**Love People Passionately**  
**Live Life Purposefully**



# Introduction



Welcome to 21 Days of Prayer & Fasting in 2025! We are believing for a special encounter and outcome through this time together. This year, our focus will be:

- **Week 1:** Knowing God intimately
- **Week 2:** Loving people passionately
- **Week 3:** Living life purposefully

## What Is Fasting?

Fasting is a spiritual discipline where we as Christ Followers intentionally abstain from food for a period of time. We deny our natural desires, repent, humble ourselves, and take time to focus on God. It isn't just a diet, it should always be accompanied by dedicated time of personal prayer, worship, and the study of God's Word. It's also not an effort to change God or gain His approval. It's all about coming closer to His mind, His heart, and His character. Fasting is for you!

The Bible describes some examples breakthrough in fasting:

- *Moses*, seeking to know God, spent forty days and forty nights alone with Him on Mount Sinai without eating or drinking. He was famously given the Ten Commandments and his face shone with the Glory of God! (Exodus 34:28).
- *David* prayed for his enemies and sought personal humility through fasting while waiting for God's justice. (Psalm 35:13).
- *Daniel* fasted and prayed in Babylon for the return of the exiled nation of Israel and the rebuilding of the Temple of God. (Daniel 9:3-19).
- *Jesus* completed a forty-day fast before launching His public ministry (Matthew 4:1-2).

## Getting Started

Take time to decide how you will fast for 21 days. Be prepared to come into unity with the prayer goals we have as a church, and ask the Lord what you should believe in faith for in this fast.

### Types Of Fasts:

**Full Fast:** This can be no food or water (Esther), but for no more than three days. This can be water only (Jesus, Moses and Elijah), or Liquids only.

**Partial Fast:** Abstain from a certain type of food or drink (Daniel), or fast multiple meals a day.

**Abstaining:** Abstaining from activities that distract you from God (e.g. entertainment, hobbies, social media, or sex for married couples *1 Corinthians 7:5*)

### Set Some Goals

Write down what you're believing God for over the next 21 days. Begin with the goal of knowing God more intimately and hearing His voice more clearly. If there are areas in your life where you need a breakthrough, commit them to God and trust that He can work in your life as you fast and pray. Most importantly, remain open to whatever God wants to speak and do as you seek Him!

## Share the Journey with Someone

We're doing this together! Find someone like your spouse, your children, a close friend, or someone from your group, and go through the devotional together. Commit to sharing what you sense God is saying to you and doing in you over the next three weeks.

# Preparing To Fast



What/How I'm Fasting:

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During this fast, I'm believing for:

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What I hope to gain, learn or develop in this dedicated time of getting closer to God through prayer and fasting:

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## Week One: **Know God Intimately**

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

Philippians 3:7-11 (NIV)

# Day One

**But whatever were gains to me I now consider loss for the sake of Christ.**

**Philippians 3:7 (NIV)**

As Paul, the writer of this passage tells us about his journey to know God in deeper ways here in Philippians, he reflects on the irrelevance of what he lost in comparison to what he has gained. Paul was recognised as a scholar in the law by Jewish circles, he had a good reputation and was held in high regard as a pharisee and a teacher. He has 'lost' all that now and is constantly rejected and persecuted by his old circle of friends. Paul exclaims his delight in these losses because through them he has now found Christ. We have all come from somewhere. Perhaps you also have suffered loss of some kind on your journey towards Christ.

Take a moment and rejoice like Paul and walk into intimacy with your Saviour, do not grieve over things that may feel like a loss, rather see the huge gain you have in Christ.

**Ways I want to know God more:**

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**Today I'm thankful for:**

**God, what are you saying to me today?**



## Day Three

**...and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. Philippians 3:9 (NIV)**

Paul is very aware that he is *in* this world, but no longer *of* this world (John 17:14-15). He is found in Christ! This gives him a deep sense of security no matter what persecutions or troubles surround him. We all like to feel safe and secure, especially in this troubled age, but where do we get that security from? Relationships? Savings? Insurance policies? Skills?

Though Paul has good reason to lean on his abilities to get by, he does no such thing! His boast is of his utter need for Christ. Paul's security flows from his faith in God's word, the presence of the Holy Spirit within him, and the revelation of the fact that he is secure in Christ.

Today, consider if you feel insecure in any way or in any area of life. Give those insecurities to God. Ask Him to give you the same revelation that Paul had; you who are saved are in Christ and indeed Christ is in you, the hope of glory. (Colossians 1:27)

**What I'm trusting in God for:**

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**Insecurities I'm giving up:**

**God, what are you saying to me today?**

## Day Four

and be found in him, *not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. Philippians 3:9 (NIV)*

He who relies on works to be in right standing before God doesn't know God. (Galatians 2:16) When we *know* who God is, the revelation of His holiness renders all our hope in works, null and void. True freedom isn't earned through religion, it's received from God through relationship! Religion is a laborious, futile endeavour to achieve something that can never be achieved through human effort. God loved you before you were born, before you did anything whatsoever, and He still loves you today.

Today, take a moment and reflect; there is much work to do in the kingdom, and we must do it diligently, but never as an atonement for sin. It should be as a response of thanksgiving and love! *Have you allowed religion to take the place of relationship? Repent and be free!* It was for freedom that Christ has set you free (Galatians 5:1), so be free in Jesus' name! Rejoice, that the righteousness that saves you is not your own, but that of Christ Himself.

**Notes from prayer & bible study:**

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**Reflection: Is there any area of my life where I have tried to earn my salvation?**

**God, what are you saying to me today?**



# Day Five

**“and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.” Philippians 3:9 (NIV)**

Faith works, but faith is not a *work*. True, genuine faith will always result in action, for faith without works is dead. (James 2:17)

The sad truth is that many Christians seldom use their faith in any tangible way. We have food in the fridge and a hospital nearby. *Faith? Why do I need faith?* To do the works of God here and now as you live! Hebrews 11 gives us a long list of our forefathers who, by faith, carried out great exploits! Is your faith active? Living? In Mark 2:1-8 we read of the crippled man whose four friends helped him to reach Jesus through the roof. It says, "when Jesus saw their faith." Faith can be seen in what we do!

Today, ask yourself this question: "Can my faith be seen?" Ask God to stir up your faith and prompt you to step out in faith as He leads you.

**Notes from prayer & bible study:**

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**How can my faith be seen?**

**God, what are you saying to me today?**



# Day Seven

**I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, *becoming like him in his death*. Philippians 3:10 (NIV)**

'Like father, like son' is a well known and very true adage. The more time we spend with certain people, the more like them we can become. Paul has walked with Christ for some time, and the fruits of that are seen.

The term 'fellowship' means being in the same boat as another. Other translations of this verse express Paul's desire to be found in *fellowship* with Christ. What does this mean? It means we share all the intentions of Christ; His direction becomes our direction, His cares become our cares; that's true fellowship. What are the things Jesus cared deeply about? Christ desired to glorify His Father (John 17:1, John 5:19), establish the Kingdom of God (Mark 1:15), heal the sick and bind up the broken-hearted (Luke 4:17-21), and to spread the gospel to the ends of the earth (Acts 1:8).

Today, ask yourself: Am I truly in fellowship with Christ? Are His cares my cares? Whose boat am I in? May God graciously grant us a place on board in fellowship with Christ.

## Notes from prayer & bible study:

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## God, what are you saying to me today?

## Week Two:

# Love People Passionately



If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:1-13 (NIV)

# Day Eight

**If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 1 Corinthians 13:1 (NIV)**

It's easy to miss the fact that when we see Jesus moving in the power of the Holy Spirit and healing the sick, the corresponding Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) was always present alongside those amazing miracles.

This is the point Paul, the writer of this passage is making here when he describes how things should be. Many Christians desire to receive powerful gifts like healing or prophecy (1 Corinthians 12:4-11), yet not so many are eager that they grow in the Fruit of the Spirit. (Galatians 5:22-23) The *fruit* seasons the *gifts*; they make things palatable! The very nature of God is love (1 John 4:16)! The Bible describes Jesus as being moved with compassion on multiple occasions. This was the heart and motive of Christ.

Take a moment today and thank God for all the gifts we receive through The Holy Spirit and ask Him to help you grow in the Fruit of the Spirit alongside these gifts!

**Notes from prayer & bible study:**

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**Which Fruits of the Spirit do I need God's help to grow in?**

**God, what are you saying to me today?**

# Day Nine

**If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. 1 Corinthians 13:3 (NIV)**

Christianity stands apart from all other faiths for many reasons; one of those is that God measures more on *why* we do rather than *what* we do. God looks at our heart. (Jeremiah 17:10)

Paul says that we could give away all we possess and gain nothing if the motive isn't right. The truth is people give from all kinds of motives. They give to get; to gain favour, to be seen, or in the hope they will feel better about themselves. For us, love must be our motive in all things.

Take a moment today to reflect not so much on what you do, but *why* you do it. Ask God for discernment, to reveal your heart to you and to lead you in refinement, doing all things out of a heart of love. Pray like David: "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24 (NIV)

**Notes from prayer & bible study:**

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**Am I a generous person? What are my motives for giving?**

**God, what are you saying to me today?**

# Day Ten

**Love is patient, love is kind. It does not envy, it does not boast, it is not proud.**

**1 Corinthians 13:4 (NIV)**

Patience is truly in short supply in this instant gratification culture of the 21st Century. People are so easily angered if there is a queue, the bus is two minutes late, or their Amazon package is delayed. One sure way to undervalue a person is to show a lack of patience towards them. Impatience exalts self and demeans the other.

If you're an impatient person, you might look to others and believe that patience is something only certain people are born with, while others aren't. The truth is, no one is born patient. It's something we all have to grow in and practice. Hebrews 5:8 says of Jesus, 'He learned obedience through what he suffered.' Patience, as we discussed on Day 8, is a Fruit of the Spirit!

Today, take a moment and ask God to show you areas in which you can grow in patience. Who do you see in your life that displays this fruit? How can you imitate them? (Hebrews 6:12)

**Notes from prayer & bible study:**

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**How can I display more faith and patience in my life?**

**God, what are you saying to me today?**

# Day Eleven

**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1  
Corinthians 13:4 (NIV)**

Kindness is defined as the act of doing something for others or yourself, driven by a genuine desire to make a positive difference. It could be being generous, being patient, putting others' needs before your own, offering support to others in a hard time, or offering help whilst expecting nothing in return.

Kindness is truly counter-cultural. The age in which we live is all about "me, myself, and I." However, kindness requires focus and intentionality. If we will daily begin to ask God to use us, He will. We will find opportunities coming our way that allow us to bless others.

Today, take a moment and pray, "God, show me someone today to whom I can show kindness." Be intentional and prepare for kindness. Put extra cash in your pocket, make extra room in the day for God to use you, and be ready to step out when the moment arises.

**Notes from prayer & bible study:**

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**How I will prepare to live today in kindness:**

**God, what are you saying to me today?**



# Day Twelve

**It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 1 Corinthians 13:5 (NIV)**

I once went into a fish and chip shop and asked for fish and chips. The lady behind the counter looked surprised and said, "Wait." She called the owner, who came and asked me what I wanted. I repeated, "Fish and chips, please." He said, "I will need to cook them." I felt like saying, "Of course you will need to cook them; that's what fish and chip shops do."

As Christ followers, forgiveness is our business! It shouldn't take us by surprise, even in the face of tough situations. Jesus, Himself, tells us that if we are bringing our offering and remember we have a grievance against someone, we should go and put it right if possible. Even our prayers being answered is contingent on us walking in forgiveness.

Take a moment today and review your heart regarding forgiveness. Are there any outstanding hurts or grievances you still carry? Ask God for the grace today to let things go, to forgive, and, if possible, even to reconcile with others. Ask God that from this day forward, forgiveness will be your business.

**Notes from prayer & bible study:**

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**Who do I need to forgive today?**

**God, what are you saying to me today?**

# Day Thirteen

**Love does not delight in evil but rejoices with the truth. 1 Corinthians 13:6 (NIV)**

There is a difference between what God *is* and what God *has*. For example, God *has* power, but God *is* love. When Scripture refers to the things that God *is*, this list of attributes must be held in the highest regard. Jesus described Himself as "the way, the truth, and the life." Any attack on truth is an attack on the very personhood and nature of God.

If you ever get sworn in at court, they give you a card with a three-part statement: "I promise to tell the truth, the whole truth, and nothing but the truth." What is truth? John 17:17: "Thy word is truth." What is the whole truth? The whole of Scripture, both Old Testament and New. And nothing but the truth? This means we make a commitment not to add or subtract from God's word for our own convenience, refusing to cherry-pick scriptures.

Take a moment today to recommit yourself to all of Scripture. Ask God to show you if, in any way, you are being selective in your attitude and approach to His holy word. Let's endeavour to uphold this truth in our generation.

**Notes from prayer & bible study:**

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**What is my daily commitment to reading & studying God's word? Does it need to change or grow?**

**God, what are you saying to me today?**

# Day Fourteen

**And now these three remain: faith, hope and love. *But the greatest of these is love.***  
**1 Corinthians 13:13 (NIV)**

As a new convert and a trainee preacher, I was fascinated by homiletics, or the art of preaching. I took several courses over a few years, and during this time, many mature leaders advised me to go and sit under a certain man's ministry to learn from him. So, I made an appointment, travelled to his church, and took my place on Sunday morning awaiting a lesson in homiletics. But when the preacher came to the pulpit, he didn't seem well prepared, he struggled to find the right scripture, and he stumbled over his introduction. Technically, he was a disaster. However, from the moment he stood up, I felt loved. Spiritually, he was a giant. As the scripture says, "The greatest of these is love."

Take a moment and reflect, in all you do, do it well and to the best of your ability, but if love is absent, it's all just noise to God. Pray and ask God to grace you to be a vessel of love above all other things in Jesus' name.

**Notes from prayer & bible study:**

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**How can I be a vessel of God's love towards others?**

**God, what are you saying to me today?**

## **Week Three: Live Life Purposefully**

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them. That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:29-39





# Day Sixteen

**Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35-39 (NIV)**

According to text messaging statistics, adults under 45 years send and receive approximately more than 85 texts each day. Further, an average consumer sends three messages per hour, and it comes to a total of 72 messages per day. We live busy lives and policing the sheer volume of distractions and expectations is more crucial than ever.

Luke 12:21 says "This is how it will be with whoever stores up things for themselves, but is not rich towards God." How often are we rich towards media, communication, and the world, but stingy towards God with our time and availability?

Take a moment to assess your time. Do you make space for God every day? Ask God for wisdom in your time management and daily practices. Ask yourself, what is God entrusting me with today? Do I have a word of encouragement for someone? Should I visit someone? Should I go and pray for someone? *PRAY: Holy Spirit I submit myself to you, please use me to help others know you today.*

**Notes from prayer & bible study:**

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**How can I be more intentional about the time I give to God each day?**

**God, what are you saying to me today?**

# Day Seventeen

**Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35 (NIV)**

There are dozens of examples throughout Scripture where we see early morning prayer, not least in the life of Jesus. For example, David said in Psalm 63:1 "Early shall I seek thee." (KJV) Rising early may come easier to some than others, but this simple lifestyle choice allows God to speak with you in the stillness of the moment and sets up your day to be blessed and useful to Him.

If rising very early isn't possible due to certain circumstances in your season of life, that's understandable. However, we should all make an effort to connect with God at the very start of our day. Read His word. Walk, sing, pray, meditate, create, or go wherever the Spirit leads on any given day. Ask God for the grace to pursue Him early from this day on.

Listen carefully to any instructions that you might hear the Holy Spirit whisper into your heart, and ask God for the courage and boldness to follow it through.

**Notes from prayer & bible study:**

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**My plan for 'rising early' to meet with God:**

**God, what are you saying to me today?**

# Day Eighteen

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:35-39 (NIV)*

We all appreciate when life feels settled and comfortable. We might want the church to be like that. A place where we can go week after week to enjoy God, be blessed, and return home encouraged by an uplifting message. But Jesus doesn't promise us that. He challenges us to live in such a way that we are always reaching others, bringing others, including others. (Matthew 28:19)

There is only one thing that you will be able to take to heaven with you, and it's those that you have helped find Jesus. Are we willing to allow schedules to change and new plans to be made so that we can reach so many more people for Jesus? Jesus himself said, "That is why I have come."

Take a moment and ask God for the grace to change and be willing to do anything to see people saved. Pray for compassion and boldness to do what you know to be right and the strength to trust Him with the consequences of your witness.

## Notes from prayer & bible study:

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## God, what are you saying to me today?



# Day Nineteen

**Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:38-39 (NIV)**

Imagine how it must have felt to be one of Jesus' disciples at that moment. Many had been healed in the town, there was a crowd, there were leaders, and they had momentum. Why go anywhere else? They might have been thinking, "Let's just settle down here, we have all we need!" *But this isn't how Jesus thought.*

In Acts 1:8, we are commissioned to go into Jerusalem (our home city), Judea (our region/country), Samaria (our enemies), and even to the ends of the earth. This is not so much a sequential, but a simultaneous commission. The problem for many churches and Christians is they settle along the way! We fulfil this commission by praying, giving, and going where possible to the nations. As they say, "If you don't aim for the stars, you're not going to get to the moon."

Take a moment today to embrace the great commission. Get a world map and put it on your wall. Begin to pray for nation after nation, even nations that are against us (Samaria). Pray for your own city, nation, etc. Don't stop or don't settle. Give what you feel to give towards missions and go, if and when you can.

## Notes from prayer & bible study:

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## God, what are you saying to me today?

## Day Twenty

**Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:38-39 (NIV)**

Notice Jesus said, "Let *us* go". He expected His followers to do as He did and go where He was going. He makes no apology for that, it's an expectation. Jesus could have said, "You guys can stay in this town if you want, but I'm going to other places to share the gospel." But He didn't. He said, "Let us go".

Your flesh (or sinful nature) will always choose the path of least resistance. However, we are called not to live according to the flesh, but to the spirit. (Romans 8:5) The call of God will beckon you to heights that are not of human desire. We must trust and obey the Lord in every task and direction we take. He is, after all, God. The cross is not a comfortable object to carry, nor something anyone of the flesh would ever choose.

If you ever feel God saying, "Let us go," it's the best thing you can hear because you're not going alone, but with Christ Himself. Maybe you have resisted that call to a certain ministry or to sacrifice something your old nature is holding onto. Pray today that as you hear His voice, you will follow. Jesus told us to go to the ends of the earth, but sometimes that starts at our end. Do our neighbours, family, and colleagues even know that we're Christians? More than that, do they know what that even means? They'll only know if someone tells them. That someone is you!

### Notes from prayer & bible study:

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### God, what are you saying to me today?

# Day Twenty-One

**Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:38-39 (NIV)**

We live in a world that loves and craves the new. New phones, new styles, new versions of this and that. It becomes an endless cycle of dissatisfaction. We think, If I have that, I will be happy. Of course, then a better version of whatever that thing is comes and so the cycle continues. It's a cruel treadmill. God offers us a sweet alternative:

*"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:22-23 (NIV)*

His offer is a brand new, daily revelation of His loving-kindness and mercy towards you. There is nothing newer than this; God sent His Son into the world to save sinners, and today is the day of salvation. Jesus said, "All those the Father gives me will come to me, and whoever comes to me I will never drive away." John 6:37 (NIV)

This world might be lost, fearful, and utterly empty. However, you have been entrusted with THE ANSWER! Determine that you will not leave this world the same way you found it. You can't save a single soul, be the Saviour, or heal the sick, but you know the one who can is with you and in you! Transmit what's inside you.

## Notes from prayer & bible study:

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## God, what are you saying to me today?