

21 PRAYER AND FASTING

CLEARPOINT CHURCH



JANUARY 11-31, 2026



Dear Partners,

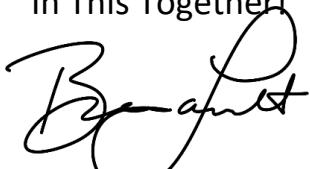
In January 2011, Clearpoint Church embarked on a *21-Day Prayer and Fasting Journey* that profoundly changed our lives. We have continued to make corporate prayer and fasting a regular practice at the beginning of each year. We invite you to come along with us in January 2026, as we seek the Lord together through prayer, fasting, and personal devotion to Him.

The theme for our fast in 2026 is ***Surrendering All: Releasing Control and Trusting God.*** Participating in the *21-Day Prayer and Fasting Journey* is a great way to reset your spiritual compass and experience a fresh and new commitment to God in every area of your life. To prepare and inform you about the fast, this guide will answer many questions about fasting and provides a 21-Day Calendar to follow for each day. The 21 Days begins Sunday, January 11th. We break the fast, Sunday, January 31st.

I believe a 21-Day commitment to Fasting and Prayer will provide a whole new experience for you in your walk with Christ and His Body.

May God continue to bless you and us as you seek Him!

In This Together!



Brian Lambert
Lead Pastor

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MY FASTING NOTES

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ALL ABOUT FASTING

As we begin this *21-Day Prayer and Fasting Journey* together, there are a few questions we must answer to understand fasting and why it is essential to our walk with God. These answers will also encourage us all to continue faithfully to the finish line....Day 21!

QUESTION #1: WHAT IS FASTING? (WE DO THE DANIEL FAST.) *We recommend the following websites for more information: Daniel-fast.com; ultimatedanielfast.com*

Fasting is setting aside a specific amount of time to go without food to pray. The purpose is not to starve yourself and the goal is not to lose weight. It is an intentional time of pursuing God to fill a spiritual hunger rather than eating food to fill a physical hunger. It is denying your physical desire for food to pray and connect with God to meet a spiritual need. It might not make a lot of sense, but it is powerful! Jesus never commanded it, but it was certainly expected that His followers would fast and pray.

Matthew 6:16-18 says, “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. (ESV)”

QUESTION #2: WHAT DOES FASTING DO?

1. Fasting expresses our hunger for God

- We express to God “food is good, but you are better.”
- It helps restore our focus from ourselves and the good things God places in our lives to the giver of those good things.
- God remains greater than anything and everything else in our lives.

2. Fasting makes our hearts tender toward God and helps us find our “satisfaction” in Him

- John Piper once said: “God is most glorified in us, when we are most satisfied in Him.”
- The discipline of fasting is something that can bring us to that place of satisfaction.

3. Fasting exposes the heart

- Richard Foster says: “More than any other thing, fasting reveals the things that control us.”
- It reveals what is really inside.
- It can reveal to us the things that are holding us back.
- It can expose the one thing that is reinforcing that barrier between us and God.

Fasting can be extremely overwhelming. What can I eat? What can I not eat? Can I have this? Can I have that? These are questions that bombard our minds when we break from our normal eating routine. The struggle is ok. In fact, it's good as long as our motivation for staying true to the fast isn't rooted in guilt!

WHAT FASTING DOES NOT DO:

1. Fasting does not motivate God to love you any more than He already does.

- God says in I Peter 2:9 that we are chosen by Him and are already His treasured possession! He already loves you as much as He possibly can!

2. Fasting does not make God enjoy you any more or any less.

- God already enjoys you. In fact, He delights in you! In Zephaniah 3:17 God says that He already exalts over us with shouts of joy!

3. Fasting does not put you on a “fast track” plan to a righteousness and holiness.

- God has already made us righteous, holy, and blameless through Christ’s finished work on the Cross.
- We don’t fast to get more of God, but that we would experience, in a more profound way, the reality of God’s presence in our lives.

4. Fasting is not a trade-off with God for His forgiveness.

- We fast because He has already forgiven us! The Apostle Paul said our sins are forgiven by the blood of Christ! (Ephesians 1:7)

5. Fasting is not a replacement for obedience.

- Some people fast as penance believing their fasting will somehow balance out their disobedience. But our relationship with God is not based on law, it’s based on grace....not of works, lest we become boastful and prideful and rob God of His glory. (Ephesians 2:8-10)

Sometimes, when we are not walking intimately with God, the inward reality of our faith begins to fade, and we retreat to the outward forms of the faith like fasting. It never works! The bottom line is that whenever we embrace a spiritual discipline to get God to love us, to find satisfaction in us, or to forgive us, we have completely missed the point! As you fast, set yourself free! Don’t fast under the belief that God is going to develop a greater approval of you because of your sacrifice. Fast in freedom, with a holy desire to give more of yourself to God!

PRAYER

As you prepare for the next 21 days, it can be tempting to start thinking of a laundry list of prayers you would love to see answered. Fight that temptation and keep this simple. Think about two or three things most pressing on your heart and zone in on those with God. Write these down in the space provided below and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus and experience His presence deeper than ever before. Pray prayers of total surrender and aim to glorify God with your life. Focus first on what is right about Him, such as His goodness and His greatness. Determine to see everything else through that filter. And make time to pray daily. Do not overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you do not plan to pray, you won’t. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

Five areas we can intentionally pray and fast to surrender in 2026:

1. Surrender Our Control
 2. Surrender Our Comfort
 3. Surrender Our Fears
 4. Surrender Our Sin and Hidden Struggles
 5. Surrender Our Plans to God's Purpose

PRAYER NOTES

WHAT ABOUT KIDS?

Should my children participate in the fast?

We believe it is a great idea for the entire family to set aside time each year to specifically and intensely focus on the most important thing in our lives, our relationship with Christ. Consider the information below as you pray and decide how your family, including your children, can participate as a collective part of the Clearpoint Church Fast.

Why should children participate?

1. To help children learn what is most important in life

Life can get very busy and if we don't purposefully slow down and set aside time to focus on strengthening our relationship with the Lord and modeling that importance for our children, they may believe other, more time-consuming things in our families' lives matter more. Be intentional about this. Set aside time to focus on what your relationship with Jesus means to you, in hopes that your devotion to Christ will become a part of your legacy for future generations. Learning the importance of Christ in our lives can serve as a firm foundation that will provide stability in your children's future.

2. Self-control should be practiced.

It can be so easy to become super self-focused. We live in a society of convenience and can become frustrated if we have to wait too long for our fries at the drive through. We can develop an attitude of expectation and of constant satisfaction if we are not careful. Our lives can be driven and consumed by our desires to get what we want. This is reflected in the pace and mindset of the culture in which we live and interact daily. Fasting can help our children learn to practice self-control, to say "no" to self, to slow down, to focus on pleasing Christ more than pleasing self. Self-control and delayed gratification are life skills that will serve our children well in their future.

3. Develop life-long disciplines

Prayer, Bible Study, listening to God, giving, and fasting are spiritual disciplines which should be an ongoing part of the lives of all believers. Our children are not going to reach their 18th birthday and begin to devote themselves to these disciplines. They must be trained along the way as a part of our investment in their spiritual lives. Just as we nurture our children by providing physical food, we must nurture our children by providing spiritual food. If we want our children to have a life-long commitment to prayer, we must lead them and teach them to pray. If we want them to have a life-long commitment to read, study, and depend on the Word of God, we must read the Word to them, allow them to see us reading and valuing scripture. We should quote, teach, and equip our children with scripture and lead them to meditate upon and memorize scripture. If we want to help our children depend upon Christ for leadership throughout life, we must teach and train them to listen to the voice of God. If we want our children to have the heart of *blessors*, we must allow them to see us bless others, and encourage them to be givers. We should provide opportunities for them to give sacrificially, to bless others and to give to those in need. If we want our children to devote their life to Christ and seek to know Him more, we must model and lead our children in the spiritual discipline of fasting. Our children should know what fasting is, why we participate, and how we expect God to move as we purposefully deny ourselves to give Him more of ourselves.

How should children participate in the fast?

As parents, pray and listen to God as you contemplate how to participate in the fast. He will speak to you! Give your children options you feel are meaningful, safe, and appropriate. Allow children some ownership in the decision they make as they consider and pray thru how they should participate in the fast. Children can begin to participate as soon as they begin to have a concept of God, as early as age 4 to 5. Celebrate every move toward developing spiritual disciplines. Lead your children in this area with loving encouragement. If they set a goal, encourage them toward it. If the goal they set was too difficult, love them and help them consider what led to missing the goal and how they can participate differently. We encourage you to resist the temptation to quit and encourage your children not to quit! Make adjustments, if necessary, but deeply ponder and consider the ramifications of quitting the fast before the corporate dates are fulfilled. Not only is the surrender to the fast meaningful to you and your family, but also the corporate devotion as a church body is “something bigger” that God calls us to be a part of as the BODY of Christ. Provide guidance but allow for choice as your children consider God’s will for their lives. It may surprise you how spiritually mature they are becoming! Below is a list of ideas and testimonies. These are only suggestions to help you begin to think about how your children can participate. Please know we are praying for each of you and your families as we embark upon this important journey of faith, together. **We would never force or coerce our children to participate but offer ideas and allow them to choose within guidelines we feel are safe and age appropriate.**

1. Very young children (4-7) can give up TV and electronics time and/or a favorite toy. When the child asks to play with the toy set aside during the fast or to watch TV, (or during the day’s normal TV/electronic time) encourage them to pray and read their Bible and remind them about their commitment choice. Our family loves *The Jesus Story Book Bible* by Sally Lloyd-Jones (it is great for children and adults!) If Bible reading time is not a practice you have yet developed as a family, this may be a great time to begin! Let your children hear and see you praying and studying God’s word. Use your participation in the fast as a time to talk to them about the food you are eating and not eating and why. Share with them the story of Daniel. This can be a great time to teach children about the sacrifices we make, and the sacrifice God made on our behalf. Keep the time positive and encouraging, your children should not feel as if they are being punished, but rather choosing to make a sacrifice for something better! I bet they will LOVE Bible time with mom and/or dad as much or more than they loved their toy, device, or TV program. Begin planting the seeds of faith early and watch with amazement as they grow and blossom!
2. Children (8-14) can give up some food or food for one day under your leadership. Our children began giving up food for a day as early as 8 years of age and have changed their involvement each year. They decided how they wanted to participate, discussed their ideas with us and prayed about their involvement leading up to the fast. For example, Saturday may be a good day to fast all food, drink juice and have a glass of milk or a protein drink before bedtime. They may choose to fast from meat, sugar, or drink only water for 21 days. They may choose to make every Saturday a juice only day. Fasting can be scary! Teaching your children early can give them amazing confidence as they obey and dedicate themselves to the development of spiritual disciplines. You may wonder if it was hard as parents to witness our young children hungry and in need of food. It was very difficult, but also helped us better understand the heart of God as we fast as adults. It helped us admire our children for their strength, devotion, and determination to develop this spiritual discipline. It made our hearts move toward our children deeper than before as we wanted to bless them for their sacrifice and encourage them in their struggle. In all of this, we learned even better how God’s heart is moved toward us as we

fast. Children need to learn coping skills to deal with disappointment, discomfort, and struggle. Fasting is a great time to develop those skills.

3. Our children began participating FULLY in the fast as early as 14. It was very difficult to see our daughter going off to school for an entire day with nothing but a bottle of juice in her backpack knowing she had PE and other very difficult tasks to complete in the day as a growing, maturing young lady. It strengthened our prayer lives as we interceded hourly on her behalf. Literally, every time I struggled with hunger or weakness, I prayed for my daughter that her pain would be manageable. The interventions of God were nothing short of miraculous as she would come home and report the PE Coach was absent on the juice only days, so she did not have to work out or that the test had been postponed when she had been too tired and too weak to study as much as she wanted the night before. We began to realize how much it pleased God when we have a heart to deny ourselves to make more of Him in our lives! This is His plan, and he miraculously applauded and encouraged our child as she did the hard work of fasting. All of our faith grew as we celebrated the “wins” together and were amazed at how much God loved on us in the midst of our very real struggles.
4. Another great way to participate is by sacrificing something we want in order to bless others we feel led to bless or others we witness in need. For example, a child might donate their allowance or birthday money to the children’s ministry, give to their favorite mission project, purchase a gift for a single mother or give a gift to someone they have a heart to bless and encourage. The key to giving must be **sacrifice**. The child should give up something of personal value to bless someone else. This is also a great area in which we can lead our children. If God leads you to give a gift to someone, share that with your children as a step of obedience in your life and teach them about your struggles, victories, and the great blessing of being a vessel of giving that God can use to bless others.

We hope these thoughts and ideas will provide guidance and encouragement as you consider your family’s involvement in the fast. We believe we have been gifted to be a part of the family of God in the household of Clearpoint Church. It is our heart that all of God’s children would participate in some level during the fast this year. If you are new to Clearpoint, young in your faith, or just afraid of fasting, know we are praying for you and encourage you to start somewhere! If you need to start with some of the ideas for children and your entire family give up technology and/or TV, then begin there. If you are more mature in your faith, go ALL in and watch God supply all your needs and meet you in your want. He is faithful and will complete the work He is beginning in you this day. If you have particular needs or if you need encouragement, feel free to call, email, Facebook message, or stop by. We are in this together and look forward with eager anticipation to the amazing work God is going to do in His family of faith!

Fasting Calendar

Plan your fasting week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Use this area of your fasting calendar to choose what days of the week you will fast and what each day will look like.</i>	Day 1 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 2 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 3 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 4 Juices & Water/ All Day	Day 5 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 6 Juices & Water/ All Day	Day 7 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains
<i>This is a sample of what one variation of the Daniel Fast can look like and may include soy protein. You may also choose to exclude legumes & whole grains altogether & eat only fruits, vegetables & water (& soy protein)</i>	Day 8 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 9 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 10 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 11 Juices & Water/ All Day	Day 12 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 13 Juices & Water/ All Day	Day 14 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains
<i>Some people also choose to modify their overall fasting plan to end with a special 3 day fast as indicated here. Again, these are just samples of what your fasting plan can look like.</i>	Day 15 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 16 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 17 Fruits, Vegetables & water/Day Dinner- include legumes & whole grains	Day 18 Juices & Water/ All Day	Day 19 Juices & Water/ All Day	Day 20 Juices & Water/ All Day	Day 21 Juices & Water/ All Day

My Fasting Notes:

FASTING INFORMATION & DEVOTIONS



Fasting Info: www.clearpointchurch.org/fast



Devotions: www.clearpointchurch.org/blog



www.facebook.com/clearpointchurch



@MyClearpoint

FASTING QUESTIONS



Phone: 281.991.9700



Email: fasting@clearpointchurch.org

Pre-Fast Lessons

Pre-Fast Lesson #1: What Season Are You In?

Text: Ecclesiastes 3:1-8

By Greg Dickerson

Ecclesiastes 3:1-8 - *For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace.*

Thoughts

It's hard to believe that we have seasons in Houston, especially when it is 80 degrees on Christmas day, and none of us anticipated the 5 inches of snow we had last January, but it was a lot of fun building a 5-foot snowman. Still, every year the timing of those seasons' changes.

This year, our family has been in a season of change. New jobs for Cindy and me, a new home, new neighbors, new schools for two of our kids, and a new season of sports and activities. Some of these changes have been difficult and challenging, and others have been fun and exciting for our family, but through them all, God has never changed. As Solomon writes in Ecclesiastes, there is a season for every activity on this earth. Some of those seasons can be extremely difficult, when we see death, destruction, mourning, financial loss, or our heart and spirit have been wounded, but through it all, God has never changed. Through every storm, the sun will shine through to reveal a rainbow of joy, dancing, mending, love, new life, and, as James writes, a good and perfect gift that comes down from God. That gift is Jesus, who is the same yesterday and today and forever.

No matter what season you are going through, Jesus is there to walk with you through it all. He is there to celebrate your success and pick you up when you fall. He is there to guide you through the truth of His Word and lead you back when you have strayed. He is there to give you wisdom and peace through every decision. Even though the seasons of this world are always changing, we can always count on Jesus being the one true constant through it all.

Challenge

What season are you going through? Are you overwhelmed, defeated, or defiant? Are you embracing the joy, peace, and love that come from a close relationship with Christ? No matter what season you are in, I encourage you to turn your gaze to the one who never changes and draw near to Jesus as he draws near to you.

Prayer

God, I pray that you will meet us in this new season of life and that you will mend, heal, restore, and build up our hearts that we may sing with joy, dance, embrace peace, and open our hearts and hands to give to others what you have given to us. Thank you, Jesus, for always being the same, meeting us in our time of need, and rejoicing with us. Amen.

Pre-Fast Lesson #2: Pray for Something New!

By Heather Lambert

We recently were reminded in one of Pastor Brian's sermons that the angel appearing to the shepherd to foretell the coming of the Messiah ended a 400-year period of silence from God. This proclamation heralded the idea that God was doing something "new"! As we begin 2026, I wonder if we feel that God has been silent, that our religious practices have become mundane, or if they have been relegated to the time "left over" in our hectic lives.

Is it time to consider preparing for something new?

In 2025 while in Indonesia, Brian and I heard Pastor and Teacher Craig Hill share this story:

A learned man once went to visit a master martial arts teacher to inquire about improving his skills. As the master teacher talked, the learned man frequently interrupted to express his own opinion about this or that. Finally, the master teacher stopped talking and began to serve tea to the learned man. He poured the cup full, then kept pouring until the cup overflowed.

"Stop," said the learned man. "The cup is full, no more can be poured in."

"Like this cup, you are full of your own opinions," replied the master teacher. "If you do not first empty your cup, how can you taste my cup of tea?"

This story holds many challenges. Have our lives, our hearts, our reasoning become so "full" that we do not have space for more? Before we begin this fast, is it a good idea to ensure we have prepared our cup? Are you preparing for a successful, meaningful, committed time of prayer and fasting. Here are some preparation strategies.

1. **SCHEDULE:** Set daily time to pray and listen
2. **COMMIT:** Have a decided plan for fasting (intentionally abstaining from foods) using the guide, to deny the comfort of food with a nonnegotiable commitment.
3. **ACCOUNTABILITY:** Have we communicated our plan to a trusted spiritual mentor, friend, or family member to ensure we hold steadfast to our commitments?
4. **REMOVE TEMPTATIONS:** What needs to be cleaned out to avoid distractions and create space for what you are expecting to be poured in?
5. **BE EXPECTANT:** Are we ready for something new?

Pre-Fast Lesson #3: You Can't Fast and Eat!

Text: II Corinthians 10:5

By Heather Lambert

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (II Corinthians 10:5)

For the past 13 years, I have committed to doing the 21 day fast with the people of Clearpoint. Each year has revealed new and different struggles in my heart and life and produced new and different breakthroughs. I want to tell you about the huge breakthrough I experienced fasting in the very first year. When Brian approached me about the idea of the 21 day fast, I wish I could say I embraced the idea. I did not. (That resistant spirit should have been the first clue to me that God wanted to do a major work in my life through fasting and the enemy wanted to keep his strongholds.) I remember reluctantly committing to the fast saying, "Fine, it won't even be hard for me, I don't struggle with food." Well, I was eating those words before the end of the first 24 hours!

Fasting is hard! Harder than I ever imagined. It takes discipline, commitment, and mental strength. It takes constantly taking every single thought and hunger pain captive and beating it into subjection to Christ and his desire for us to develop as spiritual warriors with great strength. II Corinthians 10:5 is a scripture I held to and recited numerous times daily. It teaches, *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

I had to admit it, I was struggling. I was afraid this just wasn't going to work for me. My mind began to grow weaker and weaker. I justified the idea of quitting. People who fasted in Biblical times did not have the demands of current life schedules, I thought. I had lost over 20 pounds, and my thoughts were starting to get very foggy. I was working over 40 hours a week, going to grad school, parenting, and fulfilling obligations. I needed my strength! In my desperation, I found myself sitting on a stool in my pantry. Reasoning with myself turned into prayer and justifying myself to God.

One of the greatest things about fasting is creating space and developing the discipline to listen to God. Creflo Dollar says, "Prayer is simply communicating with God. It is not a monologue where you're the only one talking. It is a dialog where you're talking to God and he's talking back to you." In that pantry, in my time of weakness and desperation, I had a great conversation with God. I was trying to devise a way to satisfy the letter of the law and continue the fast and to eat. I remember asking God if I put some crackers in the blender and added some water and blended them up finely, made them liquid, then would I still be keeping to the fast? (I told you I was desperate for food.) I remember the Lord clearly saying to me, "Eat. I will love you no more if you continue the fast and no less if you break the fast." That moment, that revelation unlocked some performance-based idea of love of Christ and set me free. God loves me completely no matter my actions! His love is not dependent on my goodness, but His. Then, the Lord said, "But you can't eat and fast." I was instantly reminded of Matthew 6:24, ""No one can **serve two masters**, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You **cannot serve** God and money." In my case, I could not serve God and my comfort or my food. For the first time in my walk with Christ, I wanted to serve him out of LOVE, not out of obligation or expectancy. I cried out to him for strength, left the place of temptation in the pantry and fellowshipped in my new understanding of a God who loves me, perfectly!

Pre-Fast Lesson #4: Return to Me

Text: *Joel 2:12*

By Brian Lambert

Now, therefore," says the LORD, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." (Joel 2:12, NKJV)

If we look at the kind of fasting that took place in the Old Testament, it would be easy to assume that the reason we fast is to prove our repentance to God to obtain His mercy. Under the Old Covenant, a fast of repentance is seen time and time again. But now, because of the complete work of Jesus on the cross, things have changed.

Fasting is not something we do to obtain favor or forgiveness. Under the New Covenant, every wrong thing we have done and will do was forgiven at the Cross, and when we accept Christ as our Savior, we get to celebrate the mercy freely given to us through our relationship with Him. Fasting is about drawing closer to God and surrendering at a deeper level.

As we walk with God, there are times that we feel far from Him or disconnected. Joel's words resonate with us even if we live in the context of grace: "Return to me with all your heart." There are times we realize that though we have chosen to follow Jesus, the flame of our love for Him has grown cold.

Your time spent in prayer each day of the fast can result in a rich and rewarding connection with the Father. No matter where you are on your journey with Jesus, you can always take a step closer to Him.

Quote: *I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.* – *Bill Bright*

Prayer Focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

Pre-Fast Lesson #5: False Beliefs about Fasting

Text: *Philippians 4:11-13; Mark 2:18-20*

By Heather Lambert

Two great lies can keep you from committing to begin and complete the 21 days of prayer and fasting.

1. It is too hard; I can't do it.

In *Philippians 4:11-13* Paul teaches about the attitude of an overcomer, he says, "Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."

Through beatings, imprisonments, and all kinds of difficulty, Paul had found contentment. Even in times of hunger he learned how to depend on the strength given by Christ. I believe we can especially learn to depend on Christ in the difficult times, including the times of hunger. It creates space for God to do a great work in you. *Romans 8:35-37* teaches that we don't just have spiritual strength through Christ, but that we can do more than overcome. God intends for us to live a blessed fulfilled life as victors. The scriptures teach, "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us." This important passage is not teaching us that life will be easy, in fact it is teaching us to expect difficulty. However, those difficult times don't rule us, they don't steal our joy, nor do they overtake us. Fasting helps us develop and flex that faith muscle that leads us to trust the deep, abiding love of Christ. Through his love we have strength and the ability to live life as victors!

2. Fasting doesn't matter. God doesn't call me to fasting.

When reading *Mark 2:18-20*, you can see Jesus expects his followers to fast. "Now John's disciples and the Pharisees were fasting. And people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?" And Jesus said to them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come when the bridegroom is taken away from them, and then they will fast in that day." Two great life applications can be found from Jesus' response to the Pharisees. First, being in the presence of Christ is a celebration. The disciples had no need to fast when they were physically in the presence of the Lord. Second, Jesus understood the need to fast for strength and direction. Jesus communicated the expectation of fasting for strength and clarity. He knew his disciples would need to fast to draw from his strength when he was no longer physically present.

We have access to that same strength as we commit to fast and boldly seek the presence of the Lord.

Fasting Devotions

Fast Devotional - Day One

Sunday, January 11, 2026

Title: Abraham Surrenders Isaac

Text: Genesis 22

Written by: Brian Lambert

THOUGHTS:

There are moments in the life of every believer when faith is no longer theoretical - when trust must move from confession to obedience. Genesis 22 brings us to one of the most profound pictures of surrender found anywhere in Scripture: Abraham placing his promised son Isaac on the altar. Isaac was not just Abraham's child; he was the tangible expression of every promise God had spoken. Through Isaac would come descendants as numerous as the stars. Through Isaac, nations would come. Through Isaac would come blessing. Yet in Genesis 22:2 the unthinkable command came: "*Take now your son, your only son Isaac, whom you love... and offer him there as a burnt offering.*"

God was not asking Abraham to surrender something small—He was asking Abraham to surrender *everything*: His future. His legacy. His promise. His heart. And Abraham obeyed. He rose early. He prepared the wood. He climbed the mountain. He bound his son. He lifted the knife.

CHALLENGE:

That is the essence of surrender: obediently releasing to God the very thing you cherish most, trusting that God is both faithful and good, even when His request feels confusing, painful, or impossible.

In this moment Abraham models for us what a fully surrendered life looks like:

1. Surrender trusts God's character above one's own understanding.

Abraham did not argue. He did not bargain. He trusted that the same God who gave the promise was able to sustain it—even if it required resurrection (Heb. 11:19).

2. Surrender places the promise back into the hands of the Promise-Giver.

When God gives us gifts—family, ministry, opportunities, vision—we must hold them loosely. They can never sit on the throne of our hearts. Isaac could not become Abraham's idol.

3. Surrender positions us to see God in a new way.

Only after the knife was raised did God reveal Himself as **Jehovah Jireh**, the Lord who provides. Some revelations only come on the altar. And in the end, God never wanted Isaac's life—He wanted Abraham's heart.

As we enter this 2026 season of prayer and fasting, the question before us is the same one God placed before Abraham: **What is the “Isaac” you need to lay on the altar?** Is it control? A fear? A dream? A habit? A relationship? Your timing? Your way? Surrender is not loss—it is a “holy release” that makes room for God’s greater work in us. Today, follow Abraham’s footsteps. Climb the mountain. Carry the wood. Lay down your “Isaac,” And trust that the God who provides will meet you there.

PRAYER:

Lord, show me what I am still holding onto that I need to surrender. Give me the courage to surrender completely, trusting You with all that I am and all that I have. I choose Your will over mine. Amen.

Fast Devotional – Day Two

Monday, January 12, 2026

Title: Hagar Surrenders her Despair

Text: Genesis 16; 21:14-21

Written by: LeChelle Smith

THOUGHTS:

We can learn a great deal about God's grace and mercy though Hagar and her despair. She not only had to endure this type of pain once, when Sarai mistreated her but again when Abram sent her away. Hagar showed her surrendering by obeying the very people who mistreated her. While she did run away initially due to her mistreatment from Sarai, she obeyed God by returning. God continued to be with her guiding her showing her his unconditional love and devotion to her and because of this, God showed her favor by allowing Ishmael to live. By allowing Ishmael to live it shows God kept his promise to them. By surrendering all to God we can trust in his promises and rely on his faithfulness. When we submit to God's authority, we can trust that He sees you and we can call on El-Roi (God who sees me) in our times of despair and pain. By reading this passage God shows us that he does hear our cries and meets us where we are with renewed promises and spiritual hope.

CHALLENGE:

The passage challenges us to be like Hagar and call on El-Roi when we are in our trials and not to try to take them on ourselves. We see that when Sarai tried to "remedy" the situation instead of waiting on God it only led to more conflict. While it may be difficult in these times to rely and wait on God, we can remember that He is always near the brokenhearted and that we are not alone. I am being tested in this currently in my parenting journey and when you feel that there is no hope there is and his name is Jesus!!

Ask yourself am I truly surrendering all to God during my trials and what specifically am I doing to ensure my close relationship with Him? Or am I trying to control things that I cannot control, and what is keeping me from truly surrendering it all?

PRAYER:

Dear Heavenly Father, I come before you and ask that you keep me close. When I am in despair, I ask that you hear my cries and draw me closer to you. Help me to trust your ways and surrender everything to you. All these things I pray in Jesus' name, Amen!

When we submit to God's authority, we can trust that He sees you and we can call on El-Roi (God who sees me) in our times of despair and pain.

Fast Devotional – Day Three

Tuesday, January 13, 2026

Title: Jacob Surrenders Control

Text: Genesis 32:22-32

Written by: Todd Houston

THOUGHTS:

As a bit of history, Jacob was born to Isaac and Rebecca and was a twin to his brother Esau. Jacob had a history of taking advantage of situations, like where he made a deal with Esau for his birthright over a bowl of soup. Later, he deceived his blind father to get the family blessing. Both situations caused severe tension with Esau as you can imagine. Years later we come to a time in Genesis 32:22-32 where Jacob is returning to face his brother, after fleeing to live with his uncle. The night before Jacob is to meet Esau, it says Jacob wrestled with God. In Genesis 32:26, Jacob panted, “I will not let you go unless you bless me.” Jacob’s previous blessing from his earthly father came from deceit, but this blessing from God came from an intense struggle that led to Jacob’s name being changed to Israel and his hip being dislocated. This struggle was physical as well as spiritual. Jacob could no longer manipulate the circumstance; but with this struggle came surrender to God’s will, a new identity, and a limp to be a constant reminder.

CHALLENGE:

At the beginning of 2025, my struggle with God was a desperation for him to complete the process of removing a near lifelong stronghold in my life. I was so tired of straining and longed for God to release the final ropes that held me captive. At the end of 2025, to God’s glory, I can say I received that long awaited blessing. God transformed that area of my life, and he can do that for you. Yes, I can say I have some scars to show from the battle. If you’re longing for transformation, I encourage you to surrender your struggle to God. Hold tightly to His promises, even when the process is painful, because His blessing is worth every moment.

PRAYER:

God, I know you have blessings for me, but Jacob shows some blessings come from intensely pursuing you, from clinging to you and to your promises even in the pain. Help me not to give up following you even when the road is difficult. Help me to die to self and surrender wholeheartedly to your ways. Do the work in me that only you can do!

Fast Devotional – Day Four

Wednesday, January 14, 2026

Title: Moses Surrenders His Excuses

Text: Exodus 3-4

Written by: Wayne Hale

THOUGHTS:

At age 80, the angel of the Lord appeared to Moses in a burning bush that wasn't actually burning up. When Moses approached the bush, God called him by name from the bush. As Moses came closer, God said, take off your sandals, for you are standing on holy ground. God then told Moses He had seen the misery of His people in Egypt, and He was concerned about their suffering and had come down to rescue them. God's assignment for Moses was to go to Pharaoh to bring His people out of Egypt. After hearing the assignment, Moses made an excuse to get out of it at least five different times. Each time God provided a solution. He promised He would be with him, he told him to tell the Israelites I AM sent me to you, He gave him the power to perform miraculous signs, like turning his staff into a snake then turning it back, He made Moses' hand turn leprous then returned it to normal, and He turned Nile river water into blood. God gave Moses the power to perform these miraculous signs so the Israelite people would believe that God appeared to him. In Exodus 4:12, the Lord reminds Moses who He is by saying, "who gave man his mouth, who makes him deaf or mute, who gives him sight or makes him blind, Is it not I the Lord?" Now go. All these excuses made God angry with Moses. God's final solution was to provide Moses' brother Aaron to speak to the Israelites for him. God told Moses all the men in Egypt that previously wanted to kill him were now dead. Eventually, Moses overcame his fear and surrendered his excuses. He returned to Egypt with his wife and sons, and he used God's power to perform the miraculous signs before Pharaoh. Finally, the Israelite people bowed down and worshipped God when they heard that He was concerned about them and had seen their misery.

What this passage said to me:

1. Since Moses was 80 when he received his call, never think you will be too old for God to call you into action.
2. Just as God provided everything Moses needed to accomplish his assignment, He will provide everything you need to accomplish yours.
3. God will always prepare you and be with you to accomplish your assignment for His Kingdom.

CHALLENGE:

Even though you may not have confidence in yourself to accomplish God's assignment, you can trust that if you say yes and act in obedience, He will provide everything you need to complete it. When Sarah and I were asked to be Life Group Shepherds, I didn't have confidence in myself to accept that role, but I did believe the Lord was calling me to take on more responsibility for Him. The first thing He provided was Sarah's faith in me, and that together we could and should accept this assignment. He also provided mentors, some time to practice, and a supportive group. This assignment has been one of the most rewarding experiences of my relationship with Christ.

Questions to consider:

1. Has God ever called you to a difficult assignment?
2. Have you ever made an excuse to avoid God's assignment?
3. If yes, what excuse did you use and why?
4. Did you finally accept the assignment, or is God still waiting on your obedience?

PRAYER:

Lord, forgive me when I don't have faith and trust in you to help me complete your assignment for the Kingdom. Help me believe in Proverbs 3:5-6. Thank you for trusting in me to do your work on this earth for the Kingdom.

Just as God provided everything Moses needed to accomplish his assignment, He will provide everything you need to accomplish yours.

Fasting Devotional – Day Five

Thursday, January 15, 2026

Title: Surrender at the Red Sea

Text: Exodus 14

Written by: Kelly Lambert

THOUGHTS:

Reading Exodus 14, I can feel the panic in the moment. Israel is free, yet freedom suddenly feels dangerous. The Red Sea is in front of the Israelites, and Egypt is behind them, and there is no clear path forward. They cry out to God, but fear quickly turns into doubt and complaint, a response that most of us can understand. They had already seen God move in powerful ways yet fear still took control in the moment. God does not respond with urgency or frustration. He tells them to stand still and watch what He will do. This passage shows that God is calm, present, and fully in control. Israel does not earn deliverance. They do not fight their way out. They witness salvation that only God can provide. This reminds me that God is not overwhelmed by my fear. He invites me to trust Him, even when I feel stuck.

CHALLENGE:

This passage challenges how we often respond when we feel trapped by certain circumstances. My instinct is to act quickly and fix the problem myself because I always want to feel like I am in control. Standing still feels unsafe because it feels like doing nothing. Exodus 14 shows that stillness is not passivity, but it is trust. I was reminded about a season when I felt torn between hard decisions and uncertain outcomes. I prayed, but I also tried to force solutions on my own. The more I pushed, the heavier my anxiety became. Peace only came when I stopped trying to do it on my own, I trusted God to lead me, even without clear answers, and God made a way that I couldn't see at first. This passage reminds me that my role is not to part the sea, my role is obedience. In our relationship with Christ, this means trusting that Jesus has already secured victory and understanding that we don't have to earn rescue through effort or perfection. We are called to follow Him, even when the next step feels unclear.

Reflect: Where am I rushing ahead instead of trusting God. What fear is keeping me from standing still and believing that He will act?

PRAYER:

Dear Heavenly Father, You see the places where I feel trapped and unsure of what to do next. You know how quickly fear takes over and how often I try to fix things on my own. Help me to stand still and trust You when the path forward is unclear. Remind me that You are fighting for me and that I am not alone in this moment. Teach me to release control and listen for Your voice. Give me the courage to wait when You ask me to wait, and to move when You tell me to move. I place my trust in You alone, Amen

Highlight:

Sometimes God asks us to stand still so we can see that He is the one who saves.

Fasting Devotional – Day Six

Friday, January 16, 2026

Title: Surrender at Sinai

Text: Exodus 19-20

Written by: Teresa Gatlin

THOUGHTS:

Surrendering is often misunderstood as weakness. When the words, “I surrender” are spoken, we often think of surrendering to an enemy or opponent, giving oneself up to the power of another. In most cases this would be a negative thing, but holy surrender is not giving ourselves to an enemy, it is finding freedom in letting go and submitting to a God who loves us.

We see surrender at Mount Sinai. In Exodus 19 God reminds the Israelites that He has already rescued them from Egypt, then invites them into a covenant relationship with Him: *“You yourselves have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession... and you shall be to me a kingdom of priests and a holy nation”* (Exodus 19:4–6). Before calling them to obedience, God calls them to remember His faithfulness. Their surrender was not about fear, control, or earning God’s love. It was about obedience rooted in trust. Obedience shows that we love and trust God enough to surrender our lives to His plan and purpose.

CHALLENGE:

God’s commands in Exodus 20 show what that surrendered obedience looks like in everyday life. Obedience becomes the natural response of a people who know they belong to Him. For me, surrender means trusting God enough to obey, even when it’s uncomfortable and stretches me. It’s following Him when the way forward is unclear. It’s letting go of control, submitting my will to His, trusting that his way is always better and His plans are good. God revealed His holiness and gave His commands at Sinai. What area of your life needs to be brought under His guidance, so your obedience reflects trust rather than fear?

PRAYER:

Lord, have Your way in me. Teach me to trust and obey You, guiding me into true freedom and deeper relationship with you. I surrender.

Worship: *I Surrender* by Hillsong Worship

Obedience shows that we love and trust God enough to surrender our lives to His plan and purpose.

Fasting Devotional – Day Seven

Saturday, January 17, 2026

Title: Gideon Surrenders His Fear

Text: Judges 6-7

Written By: Brian Lambert

THOUGHTS:

Surrender often begins in quiet places where fear, insecurity, and self-doubt hide. Judges 6–7 introduces us to Gideon not as a bold warrior, but as a fearful man threshing wheat in a winepress—hiding from the Midianites and trying to survive unnoticed. Yet in Gideon’s weakness, God speaks one of the most surprising declarations in Scripture: “*The Lord is with you, mighty man of valor!*” (Judg. 6:12).

Gideon didn’t feel mighty. He didn’t feel brave. He didn’t feel chosen. In fact, his response reveals deep insecurity: “*My clan is the weakest... and I am the least in my father’s house*” (Judg. 6:15). But surrender begins when we stop arguing with God’s calling and start trusting what He declares. God was not looking for Gideon’s confidence; He was inviting Gideon to surrender his fear. Before Gideon could face the enemy outside, God addressed the fear on the inside. Gideon obeyed God by tearing down his father’s altar to Baal, even though he did it at night because he was afraid (Judg. 6:27). His action reveals a powerful truth for us to hear: surrender doesn’t require the absence of fear, just obedience in the presence of it.

As the story unfolds, Gideon gathers an army of 32,000 men. Finally, it looks like he has enough strength to win. But then God does something unexpected. He tells Gideon, “*You have too many men.*” God reduces the army once... then again... until only 300 remain. Why? “*Lest Israel boast against Me, saying, ‘My own hand has saved me’*” (Judg. 7:2).

CHALLENGE:

Here is the heart of surrender: letting go of anything that gives us the illusion of control.

Gideon had to surrender not only his fear, but his sense of security. He had to trust that God’s power was greater than numbers, strategy, or strength. Victory would not come through human ability—it would come through divine dependence. With torches, jars, and trumpets, Gideon’s reduced army obeyed God’s strange instructions. And when they acted in faith, God did what only He could do. The enemy was thrown into confusion, and Israel was delivered—not because Gideon was strong, but because God was faithful.

As we enter this season of prayer and fasting in 2026, Gideon’s story asks us an honest question: **What are we clinging to for security instead of fully trusting God?** Fear, self-doubt, control, resources, approval—these are often the very things God asks us to surrender.

God still calls ordinary people to do extraordinary things—but only when they are willing to surrender all.

PRAYER:

Lord, I surrender my fear, my insecurity, and my need for control. Strip away everything that keeps me from fully trusting You. I choose dependence over self-reliance. Use my weakness to display Your strength. Amen.

Fasting Devotional – Day Eight

Sunday, January 18, 2026

Title: Ruth Surrenders her Future

Text: Ruth 1-4

Written by: Sarah Hale

THOUGHTS:

Ruth was the loyal daughter-in-law of Naomi. Naomi and her husband Elimelek along with their two sons had relocated to Moab. While living there both sons married Moabite women, Orpah and Ruth. As time passed Naomi's husband as well as her two sons passed away. When it was time for Naomi to return to Bethlehem, she encouraged both Orpah and Ruth to return to their own land and to their own people. Orpah did just that, but Ruth clung to Naomi and made the well-known declaration that she would go where Naomi went, Naomi's people would be her people, and Naomi's God would be Ruth's God. (Ruth 1:16-17)

Because it was time for the barley harvest when Naomi and Ruth arrived in Bethlehem, Ruth humbly asked Naomi for permission to glean in the barley fields. It turns out that she was in the field of Boaz, a close relative to Elimelek. Boaz noticed Ruth and took measures to make sure she was able to pick up plenty of grain and that she would be safe from harm in the fields. Boaz had heard of her loyalty to Naomi, and he spoke over her a blessing that she be richly rewarded by the God of Israel under whose wings she was taking refuge (Ruth 2:12)

Naomi wanted to find a home for Ruth. She gave detailed instructions to Ruth on how to go about asking Boaz to be her guardian-redeemer. Ruth was obedient to the task. Boaz was pleased with her kindness. After checking with Elimelek's next closest relative, it was decided that Boaz would buy the land of Elimelek and acquire Ruth as his wife. Ruth soon gave birth to Obed. The women in town told Naomi, "Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!" (Ruth 4:14) Indeed he did become famous as Obed is the grandfather of David and in the line of Jesus!

Wayne and I found ourselves in a spot a few years ago where we felt God calling us to Clearpoint Church. Would we stay in our comfortable spot with people and ministries we knew? Or would we follow God's leading into the unknown where he was calling us to more through a deeper relationship with Him? Much like Ruth we chose to follow God's prompting and have found that God can be trusted to care for us and to bring us to deeper understanding of His ways.

CHALLENGE:

Just as Ruth surrendered her future to the unknown through her loyalty, humility and obedience, we too can trust God with our future. In what ways do you need to humble yourself and your plans in loyal obedience to God? Where is God asking you to follow him today?

PRAYER:

Heavenly Father,

We come before you with humble hearts today. We surrender our plans, hopes and fears to you today trusting that your path for us is good. Help us to walk in faith even when the way is unclear. Thank You for being faithful, loving, and constant. Amen.

Where is God asking you to follow Him today?

Fasting Devotional – Day Nine

Monday, January 19, 2026

Title: Hannah Surrenders her Desire

Text: I Samuel 1-2

Written by: Bonnie Winthrop

THOUGHTS:

1 Samuel 1-2 teaches us about Hannah, the wife of Elkanah, who not only suffered from her inability to bear a child, but also from the relentless mocking of her heart-breaking circumstance, by Peninnah, Elkanah's other wife. Amid her misery and longing, she calls out to the Lord in desperation, vowing to Him that if He would grant her a son, she would give the child back to the Lord for his entire life. I cannot imagine the agony that would accompany this sacrifice, but Hannah knew, well before God granted her the blessing of motherhood, that her child would always be God's son first, before her own. The Lord answered her prayer with the birth of a son, whom she named Samuel. Hannah honored her vow by surrendering her very young son to Eli the priest. The Lord developed Samuel into a powerful prophet and mighty leader of Israel, but it all began with Hannah's willingness to surrender what her heart so desperately longed for.

CHALLENGE:

We know our unwillingness to surrender inhibits our own growth, but have you ever considered how it holds others back? Have you ever thought about how God can use our surrender to fuel another's? Had I learned this as early as Hannah, it would have saved me so much fear, anxiety, and worry as a parent. Nearly twenty years into motherhood, during a time of tremendous pain and fear for my son, I also called out in desperation and the Lord answered with, "You don't have to trust him, you just have to trust me." I surrendered my son to his Heavenly Father that day. Since then, I have been blessed to witness God develop him in ways I could not have imagined. Is there any greater blessing to a mother than to see her child step into their calling and love the Lord wholeheartedly?!?! The truth is, I was not called or equipped to develop my son into the righteous man God called him to be. Neither was Hannah. Only God can do that, but it did require our complete surrender. Whoever it is, whatever the circumstances, release it, trust Him with it, watch His mighty hand work, witness transformation, and enjoy the freedom and blessings that follow. Surrender.

PRAYER:

Father God, we are so grateful for your love, grace, patience, and guidance as we navigate through this journey to become more like you. We are so blessed to be in your service and witness your mighty work. Please remove all fear, fill us with peace and the courage to surrender ourselves and the others we love, for we know that there is no task too great for you. We praise you and thank you for the blessings that follow obedience, and for deeming us worthy to grow your Kingdom. Amen.

Fasting Devotional – Day Ten

Tuesday, January 20, 2026

Title: David Surrenders Revenge

Text: 1 Samuel 24; 26

Written by: Jennifer Bogan

THOUGHTS:

In I Samuel 24 David is hiding from King Saul, who is trying to harm him. Saul unknowingly enters the cave where David and his men are hiding. David has the perfect chance to get revenge, but he refuses to hurt Saul. Instead, he secretly cuts off a piece of Saul's robe to prove later that he spared his life. When Saul leaves, David shows the robe and explains that he chose not to harm him. Saul admits he was wrong and says David acted honorably. David chose integrity over revenge.

I Samuel 26 Saul goes back to chasing David. David sneaks into Saul's camp while everyone is asleep. Saul's spear and water jug are right next to him, another easy chance to end the conflict. David again refuses. He takes the items to prove he was there and leaves unharmed. From a distance, David confronts Saul peacefully. Saul admits his fault again, but his heart doesn't truly change showing that doing the right thing doesn't repair the relationship.

In both chapters, David is repeatedly pursued by King Saul, who seeks to kill him out of jealousy and fear. Two distinct moments where David has a perfect opportunity to kill his pursuer but declares, "May the Lord judge between you and me. And may the Lord avenge the wrongs you have done to me, but my hand will not touch you." (I Samuel 24:12). David chooses to surrender the desire for control and revenge by trusting that God will right every wrong in his own way and timing.

CHALLENGE:

I experienced the loss of a friendship that I valued and trusted. What was once a source of encouragement, support and joy ended in conflict, confusion and lack of peace which led to a complete severing of the friendship. This action took me by surprise and caused a great deal of hurt with many unanswered questions. There are wounds that come not from enemies, but from people we once trusted. Saul was not a stranger to David; He was David's King and mentor. Saul's unresolved fear and insecurity turned into pursuit and harm. David did not deny the harm Saul caused. He did not minimize the betrayal. But he refused to let Saul's brokenness turn him into someone he wasn't. Surrendering revenge means trusting that God sees the truth of your situation. You can trust God to handle justice without you having to force an outcome. Choosing the high road protects your own heart from becoming hardened by bitterness or regret. You do not need to get even or have the last word to find peace. This is a chance to ask yourself; Did I act in a way I can be proud of later? Where might God be inviting me to release control and trust Him with justice?

PRAYER:

Lord, I surrender my desire to retaliate, to prove, or to be understood at any cost. Guard my heart from bitterness. Teach me the strength of mercy and trust You with what I cannot fix. Amen.

Fasting Devotional – Day Eleven

Wednesday, January 21, 2026

Title: Elijah Surrenders His Weariness

Text: 1 Kings 19

Written by: Glenda Spence

I Kings 19:4 He said, “It is enough; now, O Lord, take my life, for I am no better than my fathers.”

THOUGHTS:

When Elijah examined the apparent failure of his work, he instinctively set the blame on his own unworthiness. It was because he was a sinner as the rest of his ancestors that the work seemed to fail. After all his effort and the way God had showed up with the prophets of Baal, Elijah was sure everyone would recognize the one true God. He was distracted by the worries before him.

He was depressed to say the least. Exhausted from his fight and travels he fell asleep under a “broom tree.” Broom tree in scripture symbolizes shelter, sustenance, and divine provision. How wonderful that even in Elijah’s lowest moments that God leads him to shelter, provision, and an angel to minister to Elijah’s needs. It was here that God was able to help Elijah totally surrender all things in his life to God.

God gave rest, food and an understanding of the future and the hope that He had planned for Elijah. He provided an example of how to look past the obstacles of life (wind, earthquake, fire) to hear His gentle and quiet whisper and surrender his thoughts and fears of the future.

CHALLENGE:

When my husband died, I was in Elijah level despair. I too was sitting under a broom tree asking why I am here. I saw no future that meant anything to me. My heart and mind were distracted by all the chaos swirling in my head. Then God sent a very “persistent” angel to minister to my needs. She brought spiritual nourishment for my soul. She prayed with me and for me. She helped me begin to hear His gentle and quiet whisper that said there was a future and hope. Because of her surrender to God’s call, I became restored and was able to surrender all my grief and sadness to Him.

Life is full of unexpected events, events that distract us from the promises God has made. That He will never leave us nor forsake you (Heb 13:5), goodness and mercy shall follow you all the days of your life (Psalm 21:6). We need to remember who God says we are in Him. I would challenge you to take time to hear that gentle and quiet whisper that calls us to rest in, rely on, and surrender to our loving Father.

PRAYER:

Father we are so grateful for Your loving kindness, mercy, and goodness. We thank you for your patience when we get distracted from the promises You declared over us. We thank You that as we ask for Your help to surrender to Your voice and not be distracted by the cares of life that You are faithful to complete the work you have begun in us. We want to seek Your face, surrender to Your voice, and look with expectation for Your glory to be displayed. In Jesus Name, Amen

Fasting Devotional – Day Twelve

Thursday, January 22, 2026

Title: Hezekiah Surrenders the Threat

Text: II Kings 19

Written by: Kyle Ford

THOUGHTS:

Today's Bible verse, 2 Kings 19, is the King of Judah's, King Hezekiah, response to the Assyrian siege of Jerusalem. Hezekiah was receiving messages from the king of Assyria, Sennacherib, threatening him to try and scare him into surrendering the city. Hezekiah sent for God's prophet, Isaiah, who sent back an encouraging message telling him that God would deliver Jerusalem from Assyria. He laid the threatening Assyrian messages he had been receiving before the Lord, praying that the God of Israel, alone, is the God over all the kingdoms of the earth and that "You have made the heavens and the earth." Hezekiah asked that God deliver them from the Assyrians "so that all the kingdoms of the earth may know that You alone, are God."

CHALLENGE:

Today's lesson provides us with a blueprint or a pattern for how we can respond to any crises that we may have with our faith, prayer, and reliance on God.

While researching today's lesson, I learned something I had not considered before. I love history. But what do we learn from history? What does 2 Kings 19 reveal to us today? It reveals this to us:

- **God is Our 911** when faced with overwhelming threats or bad news. Our first response should be to turn to God in prayer. Do not give in to despair.
- **Sovereignty and Purpose.** God controls all nations and all events.
- **Humble Prayer and Faith.** Hezekiah's prayer is a model of humble, faith-filled prayer, acknowledging God's unique power and asking for rescue so all would know Him.
- **Divine Intervention.** This chapter shows God's willingness to intervene miraculously in seemingly impossible situations when His people call on Him. Verses 35-37 tells us that God sent an angel to kill 185,000 Assyrian soldiers.
- **Hope and Restoration.** Even in difficult times, God promises future restoration and survival (vs. 30), offering us hope for rebuilding.
- **God's Glory is the Goal.** Our prayer should highlight that God saves His people, not just for their own good, but so that His name and glory would be known among all people.

What does today's Bible verse say to you?

PRAYER:

Dear Father in Heaven, You alone are God over your creations in heaven and on earth. We come before you with our sins and fears because we are small and helpless. We ask that you, our God, grant us Your divine intervention in our lives, not because we deserve it, but so that all people will know You are God alone. Amen

Fasting Devotional – Day Thirteen

Friday, January 23, 2026

Title: Esther Surrenders her Safety

Text: Esther 4-7

Written by: Heather Lambert

THOUGHTS:

I often hear myself and others praying, "...and Lord, keep us safe" or "watch over us" or "protect us" The idea of safety and the Lord's protection provide comfort and reassurance for us all. We trust God to keep us safe, to keep those we love safe, and to protect our lives as we know them. What if we were called to surrender our safety? What if God calls us to serve in a way we see as unsafe? What if we feel fear in the face of the Lord's opportunities for us? Is it hard to believe that God would want us to be willing to surrender our need for safety? Do we find that hard to believe about God? Consider Esther Chapter 4, Mordecai challenges Esther to intervene with the King when he realizes a royal decree has gone out for the destruction of the Jewish people. He instructs Esther to go to the king, but Esther hesitates. She knows that approaching the king uninvited could cost her life. Mordecai challenges her with the famous reminder that she may have come to her royal position **"for such a time as this."** Esther accepts her responsibility, asks the Jews to fast for her, and resolves to approach the king—even if it means death., saying in Esther 4:16, **"And if I perish, I perish."**

What a bold challenge! What a courageous statement!

CHALLENGE:

Sometimes it feels like we love our safety, security, even comfort more than God's strategies, wills, and commands. Look to Esther. She possessed courage in the face of risk, she trusted in the providence of God working behind the scenes, she didn't wait for others to reverse the injustice, she acted. Isn't there power in the faithful obedience of God's people at the right moment? Is it possible that you have missed right moments in the past? Sure! Has your safety and security become an idol that mandates you choose safety over Kingdom? Do you believe God positions his people strategically? What steps forward in courage and obedience can you take? Will God use you to bring deliverance? Is this your time? Are you willing?

PRAYER:

I am praying for our church, for our community, for our leaders. I am praying that nothing would grasp our hearts and take the place of God's will and ways. I am praying that God would continue to raise up bold, courageous, and mighty men and women who are willing to CHARGE in faithful obedience!

Fasting Devotional – Day Fourteen

Saturday, January 24, 2026

Title: Job Surrenders His Right to Understand

Text: Job 38-42

Written by: Dawn Houston

THOUGHTS:

Job has lost everything. He begins to question what he has done to deserve such heartache and suffering. In Job 38-42 God begins to question Job. Who are you to ask why? Who are you to question my wisdom? God goes through a list of things that only he, in his divine power, could accomplish. He laid the foundation of the earth, He kept the sea in its boundaries, He directs the movements of the stars. Job recognizes that as humans we are nothing. Who are we to question or demand understanding from the God of the universe? Job realizes that other than what he sees right in front of him he knows nothing. Why would he question the God of all wisdom and knowledge.

CHALLENGE:

We have gone through a difficult year. Among other things we have two boys going through very heavy trials. As a parent my nature is to run and fix things. Make them better (or my view of better). Just like Job God has spoken to me this year. He has reminded me that he is the one with all power and wisdom. He is the one that created them and has put a plan in place for their lives. He is writing their story, and I need to trust the One that gave them to me. I can rest on the fact that he loves them more and sees all. Who am I to try to "fix" it or even ask to understand. He is the God of wisdom and understanding. Praise and worship are my privileges. I challenge you to trust and surrender to the One that loves you beyond all understanding.

PRAYER:

Lord, as we seek you through this time of prayer and fasting. Show us areas that we need to lay at your feet. Give us the faith to trust you and your almighty plan. You are worthy of it all. Thank you for Jesus, that shows your love for us is beyond human understanding.

Fasting Devotional – Day Fifteen

Sunday, January 25, 2026

Title: Isaiah Surrenders His Sin & Future

Text: Isaiah 6:1–8

Written by: Danny Castaneda

THOUGHTS:

Isaiah 6 opens during a hard season. It says it was the year King Uzziah died, which mattered because it was a time of loss and uncertainty for the people. But in the middle of that, Isaiah doesn't see chaos. He sees the Lord sitting on the throne, high and lifted up.

That reminds me of my own life when I moved from Boston to Houston at 18 with my brother and sister. Everything felt unstable. I was in a new city, away from what I knew, and most days I was stuck in a trailer for 12 plus hours while my older siblings worked. I didn't have a car, couldn't find a job, and felt stuck while everyone else kept moving forward. During that time, it felt like everything around me had shifted.

But Isaiah 6 reminds me that even when my life feels uncertain and out of control, God is still on the throne. He hasn't moved, even when everything around me feels like it has. What really stands out is Isaiah's reaction. When he sees the holiness of God, he doesn't feel confident or worthy. He becomes aware of his own brokenness. He says, "Woe is me." I relate to that. Being in God's presence has a way of showing us who we really are. But what's powerful is that God doesn't reject Isaiah. He cleanses him. Before God sends him, He heals him.

CHALLENGE:

This passage challenges me because it reminds me how easy it is to want to serve God without first sitting with Him. There have been times in my life where I was doing things for God but not really spending time in His presence. I wanted to be useful, but I hadn't slowed down enough to be honest about what was going on in my heart.

God doesn't ask us to have it all together. He asks us to be available. The question God asks is simple "Who will go for us?" And the real question for me is whether I'm willing to say yes even when I don't feel ready or qualified.

Reflection Questions:

- Where do I need to slow down and let God speak to me again?
- What is God asking me to surrender before stepping into what He's calling me to?
- Am I willing to say yes even when I don't know all the details?

PRAYER:

God, thank You for meeting me right where I am. Help me see You clearly and be honest about what's in my heart. Cleanse me, renew me, and make me willing. I want to say yes to You today. Here I am. Send me. Amen

Fasting Devotional – Day Sixteen

Monday, January 26, 2026

Title: Jeremiah Surrenders His Plans

Text: Jeremiah 1; 20

Written by: Kathy Elbert

“The word of the LORD came to me saying, ‘Before I formed you in the womb, I knew you; before you were born, I set you apart; I appointed you as a prophet to the nations.’

‘Alas, Sovereign LORD,’ I said, ‘I do not know how to speak; I am too young.’

THOUGHTS:

I doubt Jeremiah ever imagined that his life would lead him into the role of a prophet. When God called him, he hesitated—yet he ultimately surrendered his own plans and delivered difficult, unpopular messages of judgment to God’s people because of their rebellion. For more than twenty-three years he remained faithful, even though no one responded. Eventually, the weight of it all led him to question why he had even been born (Jeremiah 20).

CHALLENGE:

I’m not questioning the day I was born, but I do understand how hard it is to lay down our own plans, desires, and emotions when we think we know how life should go. Three years ago, my husband, Jeremy, and I were asked to consider becoming apprentices for a co-ed life group. We prayed, said yes, and the group launched a few months later. Things went well until Jeremy had a stroke and could no longer continue in that role. Months later, God began stirring my heart to start a women’s life group. I resisted at first, worried that stepping into this calling meant I wasn’t believing God for Jeremy’s full healing. But as I continued to pray, God made it clear that this was His direction for me—and He was already preparing another friend to co-lead the group alongside me.

Through all of this, God has been teaching me to hold my plans with an open hand, always ready to follow His leading. “Not my will, but Your will be done” (Luke 22:42).

PRAYER:

Dear Heavenly Father, help us remember who You are—the Creator of the universe, our Redeemer, Master, Wonderful Counselor, Mighty God. And help us remember who we are—blessed, chosen, redeemed, the light of the earth, servants of the High King. Let Your kingdom come and Your will be done on earth as it is in Heaven (Matthew 6:10). In Jesus’ name, Amen.

Fasting Devotional – Day Seventeen

Tuesday, January 27, 2026

Title: Daniel Surrenders His Safety

Text: Daniel 6

Written by: Heather Lambert

THOUGHTS:

Daniel 6 tells the story of a faithful man placed in an impossible position. A new law is passed—one designed not to promote justice, but to trap him. For thirty days, no one may pray to any god or person except the king. The penalty is severe: death in the lions' den. Daniel is faced with a choice. He can temporarily adjust his devotion, pray in secret, or comply outwardly to preserve his safety. Instead, scripture explains, “When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.” Daniel 6:10, ESV). Daniel does what he has always done. He goes home, opens his windows toward Jerusalem, and prays—fully aware of the consequences.

Daniel’s obedience was not loud or rebellious; it was steady, surrendered, and deeply rooted. He did not protest the law. He did not argue his innocence. He simply entrusted his life to God. True surrender often looks like quiet faithfulness when compromise would be easier.

During fasting, we are invited into this same posture. Fasting is not about forcing God’s hand; it is about releasing our own. Like Daniel, we surrender control, comfort, and outcomes. We choose obedience over self-protection. We trust that God is present even when the lions are real. Daniel surrendered his safety, and God proved Himself faithful—not because Daniel demanded rescue, but because he trusted God regardless of the outcome.

CHALLENGE:

As you fast today, consider:

- Where am I tempted to compromise my obedience for comfort or security?
- What feels risky to surrender right now—control, reputation, certainty, or approval?
- Am I trusting God only for rescue, or trusting Him with the outcome?

Fasting sharpens our awareness of where we cling to self-preservation instead of surrender.

PRAYER:

Dear God, I surrender my need to protect myself. I release my desire to control outcomes. Give me courage to obey You fully, even when obedience feels costly. Help me trust You—not just for deliverance, but with my life, my future, and my safety. Trusting in your name, I pray. Amen

Fasting Devotional – Day Eighteen

Wednesday, January 28, 2026

Title: Mary Surrenders to God's Plan

Text: Luke 1:26–38

Written by: Heather Lambert

THOUGHTS:

Luke 1:26–38 Surrendering All

Do you ever feel so insignificant, so unnoticed? Do you feel a cry in your heart that screams out, "Am I invisible?" Do you wonder if you matter? Consider the In this passage, young virgin, Mary. She is a very young woman, probably a teenager who is promised to be married to Joseph. Then she gets a SUDDENLY in her life that changes everything. Gabriel announces that Mary has found favor with God and will conceive by the power of the Holy Spirit, giving birth to a son named Jesus. This child will be great, called the Son of the Most High, and will reign forever on David's throne.

Mary is initially confused, especially since she is a virgin, but Gabriel reassures her that **nothing is impossible with God**. In humble faith and obedience, Mary responds with surrender, declaring herself the Lord's servant and accepting God's will for her life. Mary responds with humility and acceptance, saying "Behold, I am the servant of the Lord; let it be to me according to your word." Luke 1:38

CHALLENGE:

In this account, Luke reveals how God invites an ordinary young woman into an extraordinary role! Her faithful surrender becomes the pathway for God's redemptive work in the world. I am convinced that many of us are going to receive a SUDDENLY in our lives. We will be approached and asked to do something that seems confusing, challenging, and uncomfortable. Will we shrink back into the shadows or will our SUDDENLY moment become our extraordinary role that is the pathway for God's redemptive work in our hearts, families, churches, cities, schools, and ultimately...our world! Will we surrender to His plan?

PRAYER:

Dear Friend, You are NOT insignificant. God has a role for you to play in His beautiful story.

Will you trust Him with your life? Will you respond with simple obedience? Will you surrender? I am praying for you, and when I pray, I hear the trumped of victory that comes after a surrender!

Fasting Devotional – Day Nineteen

Thursday, January 29, 2026

Title: The Disciples Surrender Their Nets

Text: Matthew 4:18–22

Written by: Brian Lambert

THOUGHTS:

Surrender often happens in ordinary moments, while working, providing, and doing what feels familiar. In Matthew 4:18–22, Jesus steps into the everyday lives of fishermen and issues a simple, but life-changing invitation: *“Follow Me, and I will make you fishers of men.”* Immediately, Simon Peter, Andrew, James, and John leave their nets and follow Him.

Those nets were more than tools. They represented livelihood, identity, security, and stability. Fishing was how they paid the bills, supported their families, and defined their place in the world. Nets were predictable. Nets were safe. Nets were known. Yet when Jesus called, Scripture says they *“immediately left their nets”*—and two of them even left their father in the boat. This moment captures the heart of surrender. Jesus did not offer them a detailed plan. He didn’t explain how they would eat, where they would sleep, or what the future would look like. He offered only Himself. And that was enough. Their obedience was not rooted in certainty about outcomes, but in trust in the One who was calling them.

“Surrendering All” means releasing what we depend on most – especially the things that make us feel secure. For the disciples, it was nets and boats. For us, it may be careers, finances, routines, relationships, reputations, or carefully constructed plans. Often, the hardest things to surrender are not sinful things, but *good* things we rely on more than God.

Notice also the timing of their obedience: immediately. Delayed obedience would have allowed fear, logic, or comfort to talk them out of following. Surrender requires decisiveness. It is a choice to trust God now, not later—before all the questions are answered. And what they received in exchange far outweighed what they released. By surrendering their nets, they stepped into purpose. By leaving security, they found calling. By trusting Jesus fully, they became part of God’s redemptive work in the world.

CHALLENGE:

As we enter this 2026 season of prayer and fasting, Jesus still calls people to follow Him—not casually, but completely. His invitation still requires surrender. The question is not whether He is worthy of our trust, but whether we are willing to let go of what we’re holding. What nets are still in your hands?

This year, may we be a people who don’t cling to comfort, but who surrender all—trusting that following Jesus is always worth the cost.

PRAYER:

Jesus, show me what I am holding onto for security instead of trusting You. Give me the courage to release my nets and follow You fully. I choose to surrender over safety and obedience over comfort. Amen.

Fasting Devotional – Day Twenty

Friday, January 30, 2026

Title: Jesus Surrenders in Gethsemane

Text: Matthew 26:36–46

Written by: Maverick Garcia

THOUGHTS:

Christ Jesus modeled ultimate surrender, paying the price for sin and dying on the cross, but before He gave His life, He had already surrendered the will of His flesh to the will of the Father. So, after the Last Supper, Jesus goes to Gethsemane with His disciples and goes to pray and asks Peter, James, and John to remain with Him, stay awake and pray. In Jesus' prayers, He is sorrowful, overwhelmed and in distress (this is right before his arrest) and prays to The Father to, "let this cup pass from me," if it is in His will.

CHALLENGE:

How wrapped up can we get in our own lives', our schedules, our anxieties, "our world," that we seek ourselves to "fix" our suffering? Jesus being fully man, yet fully divine, surrendered His fleshly will so the will of The Father could be done. In a time of sorrow, knowing the pain and suffering He was about to endure and was already enduring, He didn't just pray to The Father to let that cup pass from Him, but He prayed three times for the Father's will to be done. The thing with praying that prayer is most the time, we are unsure of the will of The Father and at times that can and will be scary, but how great is our God that in Romans 8:28 it says, "God works for the good of those who love Him..." His goodness is unimaginable to us. Jesus wasn't just praying for His pain and suffering to go away, but to be content in the will of The Father. How often do we miss that? When we surrender, we aren't promised an end to momentary pain, but instead we are relying on The Lord in every aspect of our life because what He has is better than anything we could ever dream of.

PRAYER:

Father God, I thank you. Thank you that Christ Jesus, the Lord, modeled what true surrendering looks like. Lord, fill my heart and soul with gratitude. Father God, I pray against pride, against envy, against selfishness, and against the weakness of my flesh, and I pray for Your Holy Spirit to guide me to truly surrender. Father, I pray for Your will to be done, in every aspect of my life. God, I give you everything, I come to you humbly, and vulnerably and give it all to you. Father, I no longer want to live my life with myself at the throne, but to be a true servant to You. Lord, I pray because the Spirit is willing, but the flesh is weak. Father God, in my flesh I want what's best for me, but in surrendering to You, You work all out for Good. Lord, I love you, and it's in Your name I pray, Amen.

"Jesus wasn't just praying for His pain and suffering to go away, but to be content in the will of The Father."

Fasting Devotional – Day Twenty-One

Saturday, January 31, 2026

Title: Paul Surrenders His Life & Mission

Text: Acts 9

Written by: Shayne Gatlin

THOUGHTS:

Surrender, what a challenging word! Even more challenging is what if that word means your world gets turned upside down and everything you've known as your normal is now different?!? In Acts 9, we find Saul on the road to Damascus, and he is on the "Righteous War Path", threatening and even killing every follower of the Lord that he came across (Vs 1).

But God, Our God, had a different plan for Saul's life. Jesus met Saul on the road to Damascus and changed his life: Vs 4-6: He fell to the ground and heard a voice saying to him, "Saul! Saul! Why are you persecuting me?" Who are you, Lord?" Saul asked. And the voice replied, "I am Jesus, the one you are persecuting! Now get up and go into the city, and you will be told what you must do." He listened to Jesus and surrendered his life to follow Him at all costs. Saul didn't do it alone as Jesus sent others to help guide him. Vs 10-19: Jesus came to Ananias and told him to lay hands on Saul. Ananias, at first, was very afraid and didn't want to complete the mission but he surrendered his safety to listen to God.

This is one of the greatest stories of surrender we see in the bible. Saul's name is changed to Paul, and his life was completely changed once he surrendered to the Lord. When we surrender, we must lose something which is why I found the word "Surrender" so challenging. Paul lost his eyesight for 3 days. He lost his Job that he had trained and studied for his whole life to this point. He lost the simplicity and comfort of a 1yr, 5yr, 10yr...plan that he was in control of. He surrendered to the Lord and his life was changed.

CHALLENGE:

I remember when I fully gave my life to Jesus and my surrender. There were a lot of things I had to lose to follow Him. He showed me that my desires and plans for my life didn't line up with His way! He had a different plan for my life, just as He did for Paul. When we decided to become a foster family, I don't think I fully understood what that meant. Correction, I know I didn't fully understand what that meant. There have been many sacrifices along the way to follow God to care for the orphans. We adopted our son, Noah, in November of 2023 and it has been a hard road with many challenges. There are days where I surrender to God's will for our life and Noah's but there are many days and parts of the day that I fight that surrender. I start to feel the cost is too high at times and too challenging and want to quit. But God has surrounded us with people who continue to love on us, just as Ananias did for Paul. We've had Pastor Brian and Heather, Members of Clearpoint Church, our Life Group, and others Jesus has put in our path faithfully and lovingly pray over us and provide comfort during tough days and challenges. Surrendering to our Lord is not easy but it's worth it! Jesus is our Comfort, Peace and Salvation!

Ephesians 2: 1, 4: "And you (Me) were dead in the trespasses and sins"....And let's skip to my favorite "But God" in the bible..."But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ, by grace you have been saved!"

PRAYER:

Jesus, help me to surrender my plans, my control and my life to you. Align my heart and desires with your heart and desires for my life. Strengthen my Faith, Trust and Hope in you! In Jesus Name Amen!

My Fasting Notes:

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