

21 DAYS OF  
PRAYER &  
FASTING

Feb 13 - Mar 5

# Contents

|           |                     |
|-----------|---------------------|
| <b>2</b>  | THE LEGACY MOVEMENT |
| <b>6</b>  | DAY 1 FEBRUARY 13   |
| <b>8</b>  | DAY 2 FEBRUARY 14   |
| <b>9</b>  | DAY 3 FEBRUARY 15   |
| <b>10</b> | DAY 4 FEBRUARY 16   |
| <b>11</b> | DAY 5 FEBRUARY 17   |
| <b>12</b> | DAY 6 FEBRUARY 18   |
| <b>13</b> | DAY 7 FEBRUARY 19   |
| <b>14</b> | DAY 8 FEBRUARY 20   |
| <b>15</b> | DAY 9 FEBRUARY 21   |
| <b>16</b> | DAY 10 FEBRUARY 22  |
| <b>17</b> | DAY 11 FEBRUARY 23  |
| <b>18</b> | DAY 12 FEBRUARY 24  |
| <b>19</b> | DAY 13 FEBRUARY 25  |
| <b>20</b> | DAY 14 FEBRUARY 26  |
| <b>21</b> | DAY 15 FEBRUARY 27  |
| <b>22</b> | DAY 16 FEBRUARY 28  |
| <b>23</b> | DAY 17 MARCH 1      |
| <b>24</b> | DAY 18 MARCH 2      |
| <b>25</b> | DAY 19 MARCH 3      |
| <b>26</b> | DAY 20 MARCH 4      |
| <b>27</b> | DAY 21 MARCH 5      |

# THE LEGACY MOVEMENT

**Advance** – Move forward in a purposeful way. Make or cause to make progress. A forward movement. A development or improvement.

- Move along
- Promote
- Further
- Forward
- Progress

**Legacy** - What are examples of a legacy?

For example, some people consider a legacy to be real estate or money, but the most treasured forms of legacy are found in intangible gifts: **values, memories, friendship, love, and respect.**

**Proverbs 13:22:** *“A good man leaves an inheritance to his children’s children.” (NKJV)*

This verse keeps our life goals, our vision and our legacy front and center when we are choosing how to spend our money today. When we weigh what we want now against what we really want later, we realize how temporary satisfaction pales in comparison to a legacy of purpose and generational fulfillment.

**An inheritance is not limited to money.** It also includes godly character qualities like integrity and trustworthiness. Combining a financial inheritance with wisdom and godliness ensures that the next generation will also manage God’s blessings God’s way for God’s glory long after we’ve graduated to heaven.

## **HOW CAN YOU PREPARE TO LEAVE A LEGACY?**

### **Get a plan for this coming year:**

- » Find one good devotional to read
- » Read one Proverbs plus one Psalm a day
- » Stop a bad habit, start a healthy habit
- » Read more, scroll less
- » Set a specific time for prayer and journaling each day
- » Take more walks
- » Call one friend a week to check in on them
- » Set a bedtime and stick to it
- » Put your phone to bed early
- » Drink more water

### **As you are praying these next 21 days remember:**

- There is no wrong thing to pray about, if you feel God has laid the request in your heart.
- You may pray for loved ones wandering in their faith.
- Reconciliation in a marriage.
- Provisions for financial needs.
- You can pray for a miracle or a dream to become reality.
- Pray for your own spiritual walk with God and to have a deeper intimacy with Christ.

Prayer is one of the most powerful influences in the world. It will change legacies, destinies, people, and it will change you too.

### **PERSISTENT PRAYER IS POWERFUL!**

Persistent prayers focus your attention. When you pray over and over, it's not to remind God. It's to remind you that God is the source of your answer. Persistent prayers clarify your request. It gives you time to refine your prayers. When you pray persistently to your heav-

only Father, it separates deep longings out from mere whims. This process helps you develop more wisdom.

1. Persistent prayers test your faith. Will you wait for God to act, or will you take it upon yourself to come up with a solution? God's desire is that we become more dependent on Him.
2. Persistent prayer prepares your heart for the answer. Sometimes God denies your prayer requests because you're thinking too small and asking for too little. He wants to give you something better, but first, He must prepare you for it.
3. Persistent prayer does not make God willing to give, it makes us capable of receiving.
4. Persistent prayer causes us to become capable of handling the responsibility of the blessing of God.
5. Persistent prayer cultivates the character of Christ in us.
6. Persistent prayer will change the one who prays persistently.

## TYPES OF FASTS



**Liquid Fast** – Fast solid foods



**Daniel Fast** – Eat Fruits and Vegetables



**7 Day Fast** – Fast all or specific foods for 7 days



**Sunup – Sundown Fast** – Liquids only from sunup to sundown



**Lunch Fast** – Fast lunch each day



**Daily Fast** – Fast one day a week



**Social Media Fast** – Fast social media

**During these 21 days we encourage you to have your actual Bible, a journal, and set a time and place to meet with God.**

**21 DAYS OF  
PRAYER &  
FASTING**

## Psalm 42:1-3

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*As the deer pants for the water brooks, so pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they continually say to me, "Where is your God?"*

Fasting brings one into a deeper, more intimate, and powerful relationship with the Lord.

The goal of fasting is not just to go without food; it is to draw us nearer to God. The definition of a Biblical fast is "to restrict food for a spiritual purpose." Fasting is not just an exercise for the super-spiritual, but it should be a periodic discipline in the life of every believer.

The constant demands and pressure of daily life on our minds, will and emotions can weigh us down and cause us to lose focus. This will make our spirit sluggish and desensitized. When we fast, our spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

Fasting is a way for you to celebrate the goodness and mercy of God and prepare your soul to expand and contain the fresh new purposes and work God desires to bring into your life.

Three duties of every Christian are *giving*, *praying*, and *fasting*.

When giving, praying, and fasting are practiced in secret, He will "reward you openly."

Write a prayer that tells God what you feel in your soul as you begin this fast. Do you feel you have become more sensitive to the things of God?

Are you struggling with the clutter and noise in your life? What do you need to remove to become more sensitive to the things of God?

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◇◇◇ **Read Proverbs 13** ◇◇◇



**Exodus 14:15**

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*The LORD said to Moses, “Why do you cry to Me? Tell the sons of Israel to move (advance) forward [toward the sea].”*

Advance – move forward in a purposeful way.

When Moses and the children of Israel came to the Red Sea, they had no way to move forward, and they cried. Even Moses was trying to come up with a solution, and he shouted, “*Stand still and see the salvation of the Lord!*” However, that was not the Word of the Lord. The Word of the Lord was, “*Stop crying, move forward!*” (**ADVANCE**)

Identify the areas in your life where you have been standing still. Is there a barrier in your way? Step out in faith and move forward in prayer. Begin looking for openings that only God could have opened for you and step forward. Pray for spiritual discernment. Discernment to enhance your ability to see God’s perspective in any given situation.

Write down the areas of your life where you need to move forward and begin to pray for barriers to be moved. Ask God to show you His perspective in these matters and reveal a way through.

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◇◇◇ **Read Proverbs 14** ◇◇◇

**Psalm 86:1 NLT A prayer of David.** \_\_\_\_\_

*Bend down, O LORD, and hear my prayer; answer me, for I need your help.*

David was a shepherd, a warrior, and a king. In all seasons of his life, he was a man that would spend time worshipping and talking with God. He praised God with songs from his heart. Many times, the songs would be about God’s unfailing love, His mercy that is so plentiful, how He watches over His people, and how He longs to restore their souls.

Today, tell God what’s on your mind and heart. Write down what gives you joy. What is causing you stress? Tell him one of your heart’s desires. Tell Him something you don’t love about yourself. Tell Him if you need to repent from something. Tell Him about a place in your heart that hurts and needs healing. Talk to Him about who you need to forgive.

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◇◇◇ **Read Proverbs 15** ◇◇◇

**Psalms 46:10 AMP**

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*“Be still and know (recognize, understand) that I am God.  
I will be exalted among the nations! I will be exalted in the earth.”*

It’s no accident that we have just come out of the noisiest, busiest, most materialistic, and most stressful time of the year (Christmas and New Year’s).

If the enemy can tempt us away from being still and quieting our hearts, he can distract us from listening to what God is saying to us in this New Year.

God may have some plans that you haven’t even thought of yet. He may have some strategies that you have not imagined. How about allowing the creator of the universe to speak to you and set aside some time in His presence.

Read **Psalm 86:1-12** and then...

- Be still and breathe
- Stop all frantic activity
- Turn off any noise
- Set aside some time to be with the Lord and just listen
- Rest in His presence
- Listen... take time – LISTEN

Write down what you hear Him say.

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◇◇◇ **Read Proverbs 16** ◇◇◇

**Ephesians 4:15-16 NLT** \_\_\_\_\_

*15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. 16 He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.*

As we pray together, Holy Spirit will supply the oil that makes us all fit together perfectly, and we will work together without friction, to perform assignments which we could never accomplish on our own.

We are walking in rhythm together for the Kingdom.

We are submitting to one another, moving fluidly from one gift to another.

As we pray together today, we declare that “**nothing is impossible with God.**”

Examine your life today:

- Are you fitting perfectly together?
- Are you using your gifts to help others grow?
- Are you being faithful with the gifts that God has given you?  
And are you multiplying your gifts?

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◇◇◇ **Read Proverbs 17** ◇◇◇

**Psalm 103:2-5, 11 & 17 NASB** \_\_\_\_\_

*2 Bless the LORD, my soul, And do not forget any of His benefits;*

*3 Who pardons all your guilt, Who heals all your diseases;*

*4 Who redeems your life from the pit, Who crowns you with favor  
and compassion;*

*5 Who satisfies your years (desire) with good things, So that your  
youth is renewed like the eagle.*

*11 For as the heavens are high above the earth, so great is His mercy  
toward those who fear Him.*

*17b. The mercy of the Lord is from everlasting to everlasting on those  
who fear Him, And His righteousness to children's children.*

This means the way we live is setting a standard that will affect generations (your legacy) to come and they will have mercy and goodness available to them.

This is an amazing thought, that the way we live (those of us who honor God) will make mercy and goodness available to generations that we will never meet. It does not mean that they will accept it, but no matter what, it will be available to our family members that we will never get to know. It's important that we pray for our family and for our future grandchildren so that their hearts are tender enough to receive the mercy and goodness available to them. Our prayers never have an expiration date on them.

Write down your family's names and especially those who need to have tender hearts to receive God's mercy and goodness. Pray for their salvation and for them to receive all of His benefits that are available to them. Pray for their hearts to melt in the presence of His goodness, and for them to welcome His love into their lives.



**Luke 17:6 AMP**

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*And the Lord said, "If you have [confident, abiding] faith in God [even as small] as a mustard seed, you could say to this mulberry tree [which has very strong roots], 'Be pulled up by the roots and be planted in the sea'; and [if the request was in agreement with the will of God] it would have obeyed you.*

Have you thought about the prayer legacy that you are leaving for the next generation? Prayer is planting. Each prayer is like a seed that gets planted into the ground. It disappears for a season, but eventually bears fruit that blesses future generations. (Mark Batterson)

What have you been praying over your children and your grandchildren? If you are living a prayer-less life, you are robbing your children of an inheritance and Godly fruit that will bring blessings to your children in the future.

Even when you die, your prayers don't. Each prayer takes on a life, an eternal life, of its own.

Begin today planting seeds of prayer into your children's futures. What do you want to see in their lives, even when you are no longer here on earth to see it?

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◇◇◇ **Read Proverbs 19** ◇◇◇

**Psalm 91:14 NLT**

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*The Lord says, "I will rescue those who love me. I will protect those who trust in my name."*

**Philippians 4:6-7 AMP**

*6 Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

So many times, we feel like God doesn't want to hear the things that we are dealing with, the small stuff (that causes us to be anxious or worried), and we think we will have to just deal with them on our own. God isn't like that! He cares for the little things and the big things! He wants you to replace your worry with prayer and to guard your thoughts. He has the answers and solutions for each one of them.

In prayer today, ask Him for help with everything! Nothing is too big, and nothing is too small. Date it in your journal when you make your request known to God and then come back and mark it "done" when He answers your request.

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◇◇◇ **Read Proverbs 20** ◇◇◇

**Psalm 37:4 AMPC** \_\_\_\_\_

*4 Delight yourself also in the Lord, and He will give you the desires  
and secret petitions of your heart.*

**Delight** – the Hebrew word for delight is “*to be soft, tender.*”

I think lovers of God are those who are soft and tender toward Him, always teachable, always pliable in His hands.

Ask God to cleanse your desires to match the wonderful dreams He has for your life. Begin writing every desire you have for your life and for your family. Don't stop until you have written them all down. Now, pray over them. Are they desires that you sense God has placed in your heart? Do they glorify Him?

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◇◇◇ **Read Proverbs 21** ◇◇◇





**Mark 9:29**

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*He said to them, “This kind can come out by nothing but prayer and fasting.”*

The combination of these spiritual disciplines doesn't just add up; it multiplies your effectiveness. Fasting will take you further into the presence of God than praying, and it will get you there much faster. Usually this is for a breakthrough in your life. You are praying about something that has been stubborn and will not move. Fasting breaks down our pride, our bondages, our will, and it will break apart our spiritual calluses and help regain sensitivity to the Holy Spirit.

**10 Reasons to Fast:** fast for discernment, to make a decision, fast for favor, dedicate something to God, fast for a new year, a new job, a new business, fast for a financial, relational, or emotional breakthrough. Fast to simply seek the heart of God.

Write down what you desire from this fast. Now write down what you are fasting from and how long you will you fast. Write out your commitment that you made at the start of this fast:

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◇◇◇ **Read Proverbs 23** ◇◇◇

**Psalm 35:23** \_\_\_\_\_

*Contend for me, my God and Lord.*

Prayer is the way we stop trying to control our problems and let God heal, redeem, and reconcile our lives. Prayer is the difference between us fighting for ourselves and God fighting for us.

Are there things that you have been battling with that you need to surrender to God and allow Him to fight for you? Hand these over to Him, place them in His hands. Name them and tell Him that you give Him permission to exaggerate His goodness over you because you know He is faithful.

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◇◇◇ **Read Proverbs 24** ◇◇◇

**Malachi 3:10**

*“Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgate of heaven and pour out so much blessing that you will not have room enough for it.” (a promise from the Lord)*

- The Purpose of God’s promises to us is to establish His kingdom in us and through us.
- The Promises of God are **PROOF** of the plans that He has to bless and prosper you!
- The ultimate purpose for every promise God gives us is to give us Power to advance His kingdom in the earth!

Today as you pray, write in your journal where you are in your obedience with tithing. Are you struggling with this? Do you see in Malachi, there is a promise attached to your obedience? Do you believe the promise? Ask Holy Spirit to soften your heart in this area of obedience.

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◇◇◇ **Read Proverbs 25** ◇◇◇

**Proverbs 4:23 TPT** \_\_\_\_\_

*So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.*

Guard your heart aggressively. Examine your attitudes and thoughts on a regular basis and make the adjustments as needed. Many people feel they cannot help what they think, but we can choose our thoughts. In Philippians 4:8 it tells us to set our thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the good in others. Think about all you can praise God for and be glad about.

As you pray today, ask Holy Spirit to search your heart and see if there are any thoughts that have caused you to act contrary to the character of Christ. Confess these to Him, take time to repent and ask Him to create in you a clean heart once again.

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◇◇◇ **Read Proverbs 26** ◇◇◇

**Luke 4: 18-19 TPT** \_\_\_\_\_

*The Spirit of the Lord is upon me, and he has anointed me to be hope for the poor, healing for the brokenhearted, and new eyes for the blind, and to preach to prisoners. "You are set free!"*

**Anoint** in the Greek is *chrio*, which means to be consecrated or set apart for a work of service. Another meaning for the word *chrio* is to be smeared with oil.

As believers, we become smeared with the oil of God's presence, and our work of service is to proclaim the good news of the gospel, to heal the sick, and to set the oppressed free! You are anointed by Holy Spirit!

Declare over your life today: *"God anoints me daily with the fresh oil of His presence, making me strong! He empowers my life to be victorious in every situation."* Is this your desire?

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◇◇◇ **Read Proverbs 27** ◇◇◇

**Hebrews 6:1,3 AMP**

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*Therefore, let us get past the elementary stage in the teachings about the Christ, advancing on to maturity and perfection and spiritual completeness. And ADVANCE...WE WILL!*

Advance:

- To get better, to improve, or make progress; to grow better, greater, wiser, or older.
- To advance in faith, in knowledge, in stature, in wisdom, in favor with God and man and in the grace of giving for the purpose of advancing God's Kingdom in the earth.

The major key to advance in 2023 is **discipline**.

Discipline – application of what you know.

- **Scripture** – Apply the Bible to your life
- **Discipleship** – Find your tribe (people)
- **Servant Leadership** – Make your life about others
- **Tithing** – Put God first
- **Evangelism** – Tell people about Jesus

Remember: Wherever you are disciplined, you are advancing. Wherever you are undisciplined, you are retreating.

In your quiet time today, write down the three main things you need to advance in 2023. What steps will you need to make to begin to advance in each area? Pray and ask Holy Spirit to give you strategy and write down your plan.

◇◇◇ **Read Proverbs 28** ◇◇◇

**Galatians 6:9 TPT** \_\_\_\_\_

*9 And don't allow yourselves to be weary or disheartened in planting good seeds, for the season of reaping the wonderful harvest you've planted is coming!*

**Isaiah 40:30-31 TPT** \_\_\_\_\_

*30 Even young people faint and get exhausted; athletic ones may stumble and fall. 31 But those who wait for God's grace will experience divine strength. They will rise up on soaring wings and fly like eagles, run their race without growing weary, and walk-through life without giving up.*

Many have grown weary, maybe you are one who feels exhausted in your soul.

God's grace is available to you today. He has divine strength just for you. Pray for others that you know are weary and are giving up or want to give up. As you pray for them, have faith that the seeds you are sowing into their lives through prayer will be coming up in yours!!

- Pray for those who are exhausted, that have stumbled and fallen.
  - » Pray that they get back up, that divine strength will come into their spirits and their souls.
  - » Pray that even their bodies will feel strength as you pray today.
  - » Pray that they will rise – and soar in their spirit like an eagle.
  - » Pray that they will not – will not – will not give up.

Allow the Word of God to come alive in you now!! Begin thanking Him for all His goodness you see in your life today!





**Manifest the atmosphere of heaven in my life!**

**Matthew 6:10 TPT** \_\_\_\_\_

*Manifest your kingdom realm and cause your every purpose to be fulfilled on earth, just as it is fulfilled in heaven.*

Ask Holy Spirit to cause every purpose of God to be fulfilled in your life. Ask Him to help you live a life that fulfills the plan that he has written in the heavens over your life. Take dominion over any atmosphere in your home that is not bowing to God! Invite His kingdom to come, and His will be done on earth just as it is in heaven. Yield to any correction that Holy Spirit has given you and move upon any instruction He has given you quickly.

What correction has Holy Spirit brought to your heart today?  
What in your life doesn't reflect heaven?

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**John 15:15 TPT** \_\_\_\_\_

*I have never called you ‘servants,’ because a master doesn’t confide in his servants, and servants don’t always understand what the master is doing. But I call you my most intimate and cherished friends, for I reveal to you everything that I’ve heard from my Father. (You are My friend.)*

For Jesus to call you His most intimate and cherished friend and that He has shared with you everything that He heard His Father say — how amazing is that?

Jesus has called you friend and desired that you become like Him and begin to do the works that He did here on earth! Jesus was the perfect expression of God here on earth! That is your assignment! He desires for you to be effective while manifesting His kingdom here on earth! You are his most intimate and cherished friend!

How do you feel about being His most intimate and cherished friend?

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◇◇◇ **Read Proverbs 3** ◇◇◇

**John 15:16 TPT** \_\_\_\_\_

*You didn't choose me, but I've chosen and commissioned you to go into the world to bear fruit. And your fruit will last, because whatever you ask of my Father, for my sake, He will give it to you! (You were chosen)*

Jesus told us that He chose us and appointed us to go and bear fruit. As leaders, our goal is not only to bear fruit, but to help others do the same. We must be more than faithful, we must be fruitful. Jesus gives only one condition. We are to remain in Him. Stay connected to Him, because He is our life source! This is the law of empowerment revealed through Jesus choosing you! Go and make disciples and repeat!

Are you being faithful? Are you being fruitful?

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◇◇◇ **Read Proverbs 4** ◇◇◇

**1 Chronicles 29 NKJV** 

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*Offerings for Building the Temple*

*Furthermore King David said to all the assembly: “My son Solomon, whom alone God has chosen, is young and inexperienced; and the work is great, because the temple is not for man but for the LORD God. 2 Now for the house of my God I have prepared with all my might; 3 Moreover, because I have set my affection on the house of my God, I have given to the house of my God, over and above all that I have prepared for the holy house, my own special treasure of gold and silver:*

*6 Then the leaders of the fathers’ houses, leaders of the tribes of Israel, the captains of thousands and of hundreds, with the officers over the king’s work, offered willingly.*

*9 Then the people rejoiced, for they had offered willingly,*

*14 But who am I, and who are my people, that we could give anything to You? Everything we have has come from You, and we give you only what You first gave us!*

*17 I know, my God, that you examine our hearts and rejoice when you find integrity there. You know I have done all this with good motives, and I have watched your people offer their gifts willingly and joyously.*

*18 O LORD God of Abraham, Isaac, and Israel, our fathers, keep this forever in the intent of the thoughts of the heart of Your people, and fix their heart toward You.*

**Colossians 3:23-24** 

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*And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve he Lord Christ. (I will work and give with all my heart.)*

Our gifts that we bring this year will be offered willingly to God. He will build upon our “yes” as we give. During this season of sacrifice, let us listen intently to the voice of God to know what we can give to advance His kingdom in the earth!

*Today examine my heart Oh God and help me to give with a willingly and joyous heart.*

What does your “yes” look like in this season of sacrifice? Write out what you feel God is saying to you as He examines your heart:

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◇◇◇ **Read Proverbs 5** ◇◇◇

**I decree and declare that favor of heaven be upon you. The glory of God overwhelms you. The grace of God covers you. The anointing of the Lord overtakes you, and this is your appointed time of advancement.**

