

21-DAY DEVOTIONAL

Theme: SEEK GOD • KNOW GOD • MAKE GOD KNOWN

January 5th–25th



WEEK 1— SEEK GOD

DAY 1— Start With Surrender

Scripture: Romans 12:1 — “Offer your bodies as a living sacrifice...”

The beginning of a fast is not just about giving up food or comforts — it is about giving God access to every part of your heart. Surrender is not a moment; it's a posture. When Paul urges believers to offer their bodies as “living sacrifices,” he is calling us to a lifestyle where we willingly place every part of ourselves before God — our desires, our habits, our distractions, our relationships, and even our fears.

As this 21-day fast begins, imagine yourself handing God the keys to every room in your heart.

Fasting exposes the areas we've kept locked away. It slows us down long enough for God to reveal what He wants to heal, strengthen, or transform.

Your hunger over the next few days is not just physical — it's spiritual. Every time you feel discomfort, let it remind you: “I want God more than I want what I gave up.”

This is not a performance. This is an invitation to deeper intimacy. God honors every step toward Him, no matter how small. He meets surrendered people with supernatural strength.

Reflection Questions

1. What is one area of your life you need to surrender to God during this fast?
2. Where do you feel God inviting you deeper — emotionally, spiritually, or relationally?
3. How can your family support one another in surrender over the next 21 days?

DAY 2 — God Is Near to Those Who Seek Him

Jeremiah 29:13 — “You will seek Me and find Me when you seek Me with all your heart.”

Seeking God is not a complicated spiritual task — it is a daily choice to turn your heart toward Him. God promises that when we seek Him with our whole heart, He allows Himself to be found. He is not hiding. He is not distant. He is not making you chase Him to earn His love. Instead, seeking God is about removing the noise that keeps us from noticing His presence.

During this fast, your hunger will reveal what you normally run to for comfort. Let that awareness draw you closer to the One who truly satisfies. Whether through worship, prayer, reading Scripture, or quiet moments, God is waiting to meet you. Your effort in this fast isn't about perfection — it's about direction. If you move toward God, He moves toward you. And when He draws close, everything changes.

Reflection Questions

1. What distractions usually pull your attention away from God?
2. Where can you carve out more intentional time to seek Him?
3. How will your family seek God together this week?

DAY 3 — Hunger That Leads to God

Matthew 5:6 — “Blessed are those who hunger and thirst for righteousness...”

Fasting exposes physical hunger — but its deeper purpose is awakening spiritual hunger. Jesus teaches that those who hunger for righteousness will be filled. True satisfaction doesn't come from food, entertainment, or accomplishment; it comes from living aligned with God.

As your physical appetite grows during this fast, allow it to stir a craving for His presence. Every moment of hunger becomes an opportunity: “Lord, fill me with what really matters.”

Often, we misdiagnose our hunger. We think we need more comfort, more excitement, or more success — but our soul is craving God Himself. When you choose righteousness, obedience, purity, and intimacy with God, you begin to feel full in a way nothing else can provide.

Let your hunger drive you toward prayer, not frustration. God fills what you give Him.

Reflection Questions

1. What area of your life needs spiritual “filling” right now?
2. What do you normally run to when you feel empty?
3. How can you replace that habit with seeking God this week?

DAY 4 — Silence That Speaks

Psalm 46:10 — “Be still, and know that I am God.”

In a world full of noise, God often speaks in stillness. Fasting creates space for silence — not just the absence of sound, but the quieting of our inner chaos. When you are still before God, your soul becomes more aware of His presence.

Many believers avoid silence because it forces them to face what is happening inside: fears, doubts, insecurities, or unprocessed emotions. But silence with God is not emptiness — it is healing. God is not afraid of your thoughts; He wants to meet you in them. As you fast, incorporate moments of stillness. Sit with God. Breathe. Listen. Let Him speak through His Word, His Spirit, and the peace He brings. When you slow down, you will notice that God has been near all along.

Reflection Questions

1. When was the last time you sat still with God without rushing?
2. What thoughts surface in silence that God may want to address?
3. When can your family schedule a quiet moment this week?

DAY 5 — Seeking God Like Jesus Did

Mark 1:35 — Jesus went to a solitary place to pray.

Jesus — the Son of God — regularly withdrew to seek His Father. If Jesus needed quiet, intentional time with God, how much more do we?

Fasting is not only about saying “no” to something but saying “yes” to intentional connection. Jesus modeled a lifestyle where seeking God wasn’t random; it was prioritized.

He prayed before major decisions, before ministry, before confrontations, and sometimes simply to rest in His Father’s presence. During this fast, choose one intentional moment each day to follow Jesus’ example. Turn off your phone, close the door, let your heart quiet down, and connect with God. You will find clarity, strength, and peace in the same presence Jesus sought.

Reflection Questions

1. What time of day can you consistently meet with God?
2. What decisions right now do you want God’s guidance on?
3. How can your family imitate Jesus’ intentional prayer life?

DAY 6 — Seek First the Kingdom

Matthew 6:33 — “Seek first the Kingdom of God...”

This verse is powerful because it involves priority. Jesus didn't say “seek God when you have time,” but seek Him first. Before worry. Before decisions. Before you run to everything else for security.

Fasting helps reorder your priorities. It reveals what truly rules your heart. When you seek God first, everything else comes into alignment — not magically, but spiritually.

When God is first, fear loses strength, anxiety loses influence, and confusion loses ground. As you continue the fast, ask yourself: What gets my attention first each day? What consumes my thoughts? Who or what do I depend on more than God? God isn't asking for perfection — He's asking for first place.

Reflection Questions

1. What currently takes first place in your daily routines or thoughts?
2. What needs to shift for God to become your first priority?
3. How can your family put God first together?

DAY 7 — A Week of Seeking: Weekly Reflection

Psalm 27:8 — “My heart says of You, ‘Seek His face!’ Your face, Lord, I will seek.”

You've completed Week 1 of the fast. This week has been about removing distractions and turning your heart toward God. Seeking God is not a task — it's a response. When God stirs your heart, your job is simply to follow. Take time to reflect on how God has been drawing you. Has He revealed something? Ignited hunger?

Exposed an area needing growth? Offered comfort? This journey is shaping you for the next two weeks. The more you seek Him, the more you'll begin to know Him—His character, His desires, His voice. End this week with gratitude. God responds to those who seek Him.

Reflection Questions

1. What was the biggest thing God highlighted for you this week?
2. What has been most challenging about seeking God?
3. What are you expecting God to reveal in Week 2?

WEEK 2 — KNOW GOD

DAY 8 — God Wants to Be Known

Proverbs 8:17 (NIV) — “I love those who love me, and those who seek me find me.”

Knowing God is different from knowing about God. Many people know facts, stories, or doctrines — but God invites you into something deeper: a relationship built on closeness, conversation, and trust. During this fast, your heart is becoming quieter and more sensitive to His presence. Each sacrifice you make creates more room for God to reveal Himself. And He loves to reveal Himself to those who genuinely pursue Him.

Sometimes we assume that spiritual closeness is complicated — but God makes it simple: seek Him with your whole heart. That means showing up daily, even when you feel nothing, even when you're tired, even when distractions hit. God honors consistency more than perfection. As you keep leaning in this week, expect God to speak, guide, and comfort you. He wants to be known — not from a distance, but personally. He is drawing your family closer than you've ever been before.

Reflection Questions

1. What does “seeking God with my whole heart” look like this week?
2. Have I confused knowing about God with knowing Him personally?
3. How can my family pursue God intentionally today?

DAY 9 — Hearing God's Voice

John 10:27 — “My sheep hear My voice...”

Hearing God's voice is not reserved for pastors or prophets — it's a promise for every believer.

Jesus said His sheep know His voice, meaning you are already designed to recognize when He

speaks. The real challenge is learning to quiet the noise around you so His voice becomes

clearer. That is where fasting changes everything.

During a fast, your heart becomes more attentive. The things that usually distract you — food,

busyness, entertainment — lose their grip. Thoughts become clearer.

Scripture begins to stand out differently. You may suddenly feel nudges, direction, conviction, or encouragement. These are often the ways the Holy Spirit whispers.

God speaks through His Word, through peace, through godly counsel, and through that inner

impression that aligns with Scripture. He leads gently, not forcefully.

This week, slow your mind so God can speak into it. Ask Him a question and give Him space to

answer. You might be surprised by how present He already is.

Reflection Questions

1. When have I recently sensed God speaking to me?
2. What noise do I need to silence to hear Him better?
3. How can my family practice listening prayer?

DAY 10 — Knowing God Through His Word

Psalm 119:105 — “Your word is a lamp to my feet...”

One of the primary ways we grow in knowing God is through His Word. Scripture is more than a book — it is God revealing His character, His heart, His promises, and His ways. When you open the Bible, you are encountering the voice of God Himself.

During this fast, Scripture becomes even more powerful because your heart is more sensitive and your spirit is more dependent. Passages you've heard your whole life begin to feel alive again. Verses you've overlooked start speaking directly to your situation. That's because the Holy Spirit breathes fresh meaning and guidance through God's Word.

Don't rush through your reading. Slow down. Read a passage two or three times. Highlight words that stand out. Ask, “God, what are You showing me?” Let Scripture reshape your thinking, strengthen your faith, and guide your decisions. The more you know the Word, the more you know God — because the Word reveals Him.

Reflection Questions

1. What scripture stood out to me today and why?
2. How can my family make Bible reading a daily routine?
3. What does God's Word reveal about His character?

DAY 11 — Knowing God Through Prayer

Philippians 4:6 — “In everything, by prayer...”

Prayer is not about saying the right words — it's about sharing your heart with God and giving Him space to shape you. It is conversation, connection, and communion. During this fast, prayer becomes even more essential because it aligns your desires with God's desires.

Many people think prayer is complicated, but God simply wants honesty. Tell Him what you're worried about. Thank Him for what He's done. Ask Him for help. Bring your family before Him. Prayer becomes powerful when you pray from a sincere place, not a perfect one.

The more you pray, the more natural it becomes. You learn to sense God's direction, His peace, and His correction. You begin to feel closer to Him because prayer opens your heart to His presence.

This week, be intentional. Pray as a family. Pray in the car. Pray before bed. Pray when you feel anxious. Prayer is how you build closeness with the Father — one conversation at a time.

Reflection Questions

1. What keeps me from praying consistently?
2. How does prayer change my perspective?
3. How can our family pray together today?

DAY 12 — Knowing God Through Obedience

John 14:15 — “If you love Me, keep My commands.”

Obedience is one of the clearest signs that someone truly knows God. Not because obedience earns salvation — but because obedience flows naturally from a heart that loves and trusts Him.

When you follow God’s instructions, even when they’re hard or uncomfortable, you demonstrate a deeper level of relationship with Him.

This fast has created space for God to reveal things He wants to adjust in your life — attitudes, habits, relationships, or priorities. Obedience may mean letting go of something unhealthy, stepping into something new, forgiving someone, or trusting God with an area you’ve held tightly.

Obedience unlocks blessing. Every time you say “yes” to God, you grow stronger spiritually and your relationship with Him deepens. You learn to trust His voice and His timing.

Ask God today, “What are You asking me to obey?” Then be willing to respond. Knowing God becomes clearer on the other side of obedience.

Reflection Questions

1. What is God asking me to obey right now?
2. Why is obedience sometimes difficult?
3. How can my family encourage each other to obey God?

DAY 13 — Knowing God Through Worship

Psalm 34:3 — “Let us exalt His name together.”

Worship is one of the most intimate ways to know God. It shifts your focus from problems to God's greatness. It reminds your heart who He is, what He has done, and why He deserves praise. Worship softens your heart, opens your spirit, and invites God's presence.

You don't have to wait for Sunday to worship. You can worship in your living room, in the car, while cooking dinner, or during family time. Worship is simply turning your affection toward God — through singing, through gratitude, through prayer, or through silence.

During this fast, worship becomes a weapon. It pushes back discouragement. It strengthens your faith. It brings peace into your home. It realigns your heart with God's truth. When you worship, you aren't just singing — you are drawing close to the One who loves you deeply.

Invite your family to worship together today. Even one song can shift the atmosphere.

Reflection Questions

1. What does worship help me remember about God?
2. How can I make worship a habit, not an event?
3. How can our family worship together this week?

DAY 14 — God Wants Your Heart

Proverbs 4:23 — “Guard your heart...”

At the core of knowing God is giving Him your heart — your desires, your struggles, your thoughts, your fears, and your dreams. God doesn't want a version of you that looks good on the outside but feels distant inside. He wants the real you.

During this fast, God may have revealed areas where your heart needs healing, restoring, or refocusing. Maybe there's been stress, disappointment, distraction, or spiritual dryness. God isn't discouraged by these things — He simply wants to be invited into them.

Knowing God means being honest with Him. It means letting Him shape your character, purify your motives, and fill your heart with His love. When your heart is surrendered, everything else in life becomes clearer and more purposeful.

Today, come before God with openness. Ask Him to take anything that has weighed you down and fill your heart with His presence.

Reflection Questions

1. What part of my heart have I been holding back from God?
2. What does giving God my whole heart really look like?
3. How can our family keep our hearts healthy and focused on God?

WEEK 3 — MAKE GOD KNOWN

DAY 15 — You Are Called to Influence

Matthew 5:14 — “You are the light of the world.”

Devotional

When Jesus called you the “light of the world,” He wasn’t giving a suggestion — He was declaring an identity. Light reveals, guides, comforts, and exposes what’s hidden. Everywhere you go, people experience something of God through the way you speak, serve, love, and live. This fast hasn’t only been about God doing something in you. It has prepared you for what God wants to do through you. Your transformation is meant to impact your home, workplace, and community. God strategically places every believer in environments where someone needs hope, compassion, or encouragement. You may not feel qualified, but God isn’t looking for perfection — He is looking for availability.

Influence doesn’t always look like preaching. Sometimes it’s listening without judgment.

Sometimes it’s praying quietly for someone. Sometimes it’s showing consistency when others fall apart. Little acts of faithfulness make God visible to people who feel forgotten or unseen.

As this final week begins, ask the Lord to sharpen your awareness. Pray, “God, show me the people You want me to reach.” When you step into your calling as a light, the Kingdom shines through you in ways you may never fully realize — but Heaven sees it all.

Reflection Questions

1. Where has God positioned you to shine His light?
2. What step of boldness do you need to take this week?
3. How can your family encourage someone together?

DAY 16 — Sharing Your Story

Revelation 12:11 — “They overcame... by the word of their testimony.”

Devotional

Your story is one of the most powerful tools God has given you. You don't need a dramatic past to make an impact — all you need is honesty about what Jesus has done in your life. People are moved by authenticity, not perfection. Many around you are struggling silently, looking for a sign that change is possible. Your testimony may be the very thing that gives them hope.

During this fast, God has been shaping you, speaking to you, and revealing things in your heart. These moments are not just for private reflection; they are seeds God intends you to plant in someone else's life. When you share how God has strengthened you, forgiven you, or guided you, you create a bridge for others to encounter Him. Your story also reminds you of God's faithfulness. When you vocalize what He has done, your confidence grows and your faith deepens.

Ask God today: “Who needs to hear my story?” It could be a coworker, a classmate, a family member, or someone who just needs encouragement. When you speak boldly about what Jesus has done, Heaven fights through your words, and lives can be transformed.

Reflection Questions

1. What part of your testimony could help someone right now?
2. Who can you share it with this week?
3. How can your family practice boldness?

DAY 17 — Loving People Like Jesus

John 13:35 — “By this all people will know you are My disciples...”

Devotional

Jesus said the world would recognize His followers by their love — not by their church attendance, biblical knowledge, or spiritual gifts. True discipleship is measured in love. But loving others like Jesus did is not always easy. It means loving the difficult, the ungrateful, the different, and the hurting. It means choosing patience when you want to react, compassion when you want to withdraw, and forgiveness when you want to hold onto offense.

During this fast, God has softened your heart and strengthened your spirit so that you can love people more deeply. Love is the doorway to making God known. Before people listen to your words, they watch your life. A simple act of kindness can open hearts. A sincere apology can heal tension. A generous gesture can show God's character clearer than a sermon.

Ask God today to help you see people the way He sees them — valuable, redeemable, and deeply loved. When your heart reflects Jesus, people encounter Him through you.

You will never know the full impact of choosing love in a moment of frustration or inconvenience — but God sees, and He delights in it.

Reflection Questions

1. Who is God calling you to love intentionally this week?
2. What makes Christ-like love challenging for you?
3. What can your family do to demonstrate God's love?

DAY 18 — Living on Mission

Matthew 28:19 — “Go and make disciples...”

Devotional

Jesus' final command wasn't optional — it was a calling for every believer. “Go and make disciples” means that our faith is not meant to stay contained within our private lives. You are called to bring Jesus into your world: your relationships, your routines, and your responsibilities.

Living on mission doesn't mean standing on a platform or having a title. It means waking up each day with a Kingdom mindset: “Lord, who do You want me to reach today?” Sometimes mission looks like inviting someone to church. Other times it means offering prayer, being a good listener, or simply showing Christ-like consistency. This fast has been preparing your heart for action. God has been strengthening your spirit so you can confidently live out your faith. And here's the truth: people are more open than you think. Many are searching. Many are hurting. Many are waiting for someone to care enough to speak hope.

Ask God to open your eyes to the opportunities around you. When you live with mission, everyday moments become divine appointments, and God weaves His story through your obedience.

Reflection Questions

1. What does “mission” look like in your daily life?
2. Who are you praying for to come to Christ?
3. What can your family do this week to be “on mission”?

DAY 19 — Being Led by the Holy Spirit

Acts 1:8 — “You will receive power...”

Devotional

The Holy Spirit is the One who empowers you to make God known. Without Him, evangelism becomes striving. With Him, it becomes supernatural. The Spirit gives boldness when you feel afraid, clarity when you feel confused, and the right words when you feel unprepared.

During this fast, your spiritual senses have become sharper. Your heart is quieter, your mind clearer, and your spirit more sensitive. Expect the Holy Spirit to nudge you — a person to pray for, someone to encourage, a conversation to start, or a step of obedience to take.

Being led by the Spirit doesn't always feel dramatic. Often it's a gentle impression or a sudden thought that aligns with God's character. The more you obey, the more clearly you will recognize His voice.

Ask the Holy Spirit today: “Lead me. Use me. Speak through me.” He delights in guiding those who make themselves available. Wherever you go, the Spirit is already at work — you simply get to join Him.

Reflection Questions

1. When have you felt the Holy Spirit guide you before?
2. What step of faith are you willing to take if He leads you?
3. How can your family become more Spirit-sensitive?

DAY 20 — Finishing With Faith

Galatians 6:9 — “Do not grow weary...”

Devotional

The final stretch of a fast is often where the greatest growth happens. You may feel tired, hungry, or stretched — but this is where perseverance produces spiritual maturity. Scripture encourages us not to grow weary, because the reward comes to those who endure.

Finishing with faith means choosing consistency even when you don't feel spiritual. It means trusting that God is working beneath the surface. It means believing that your prayers, sacrifices, and discipline are shaping your future.

Look back for a moment: how much God has strengthened you already! Your hunger has drawn you closer. Your discipline has sharpened your spirit. Your intentional time with God has deepened your faith.

Now look forward: the breakthrough you have been praying for may be closer than you think.

Don't slow down. Lean in. Let the final days of this fast be filled with worship, gratitude, and expectation.

God is a rewarder of those who diligently seek Him — and He will honor your perseverance.

Reflection Questions

1. What has God strengthened in you during these 20 days?
2. Where do you still need breakthrough?
3. How can your family finish strong?

DAY 21 — Make God Known & Celebrate

Psalm 126:3 — “The Lord has done great things for us...”

Devotional

You made it — but this is not the finish line; it is a launching point. These 21 days have prepared your heart, sharpened your spirit, and aligned your priorities. You have sought God, grown in knowing Him, and now you step forward with a fresh calling: make Him known.

Today is a day of celebration. Celebrate the discipline you built. Celebrate the moments God spoke. Celebrate the breakthroughs and even the struggles that drew you closer to Him.

Heaven rejoices over your obedience and hunger. But don't let this be the end. Let the habits and rhythms you developed during the fast shape your lifestyle. Keep reading Scripture. Keep praying regularly. Keep listening for the Holy Spirit. Keep showing love to people around you. Your family is now positioned for a new season. Share testimonies with one another. Talk about how God moved. Mark this day as a spiritual milestone.

You are stepping into the new year with clarity, purpose, and power. Let the world see Jesus through you — not just today, but every day moving forward. The Lord has done great things... and He is just getting started.

Reflection Questions

1. What is the greatest thing God has done in you during this fast?
2. What spiritual habits will you carry into the rest of the year?
3. How will your family make God known in 2025?