

# 7 DAYS *Prayer* *& Fasting*



KEYPOINT CHURCH  
DEVOTIONAL

Our aspiration for this year is to strengthen our connection with God. Often, we tend to complicate this journey by devising extensive task lists, believing that completing certain actions will bring us closer to Him. While striving for this goal is commendable, we may inadvertently overlook God Himself and His longing for a close relationship with us. The beauty lies in communing with God, where His transformative power becomes apparent in shaping us into His likeness. Therefore, in the upcoming week, let's simplify our lives by shedding some of the unnecessary distractions and focus on cultivating a deeper relationship with Jesus.

DAY ]

# Day 1

## Scripture Reading: Matthew 6:6 (NLT)

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees everything, will reward you."

## Reflection:

Begin this week by intentionally carving out time for personal prayer. Create a quiet space where you can be alone with Jesus. Share your thoughts, worries, and joys with Him. Allow His presence to fill your heart and mind. As you spend time in prayer, remember that being with Jesus is the foundation of a deep and meaningful relationship with Him.

## Prayer:

Dear Lord, help me to cultivate a habit of spending quiet, focused time with You. May our conversations deepen my connection with You and align my heart with Your will.

DAY 2

## Day 2

### Scripture Reading: Romans 12:1 (NLT)

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.”

### Reflection:

Frequently, individuals engage in fasting to seek clarity from God or to better discern His voice. While fasting is a valuable discipline for this purpose, it is also a dedicated period for expressing worship to Him. Instead of fixating on the anticipated results of the fast, let today be about wholeheartedly presenting yourself in worship to Him. Today be with Jesus.

### Prayer:

Dear Jesus, today I offer myself to you. Let my focus be on your goodness and trust you with the outcome.

DAY 3

## Day 3

### Scripture Reading: Philippians 2:5-8 (NLT)

“You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal’s death on a cross.”

### Reflection:

Today, reflect on the humility of Jesus. Seek ways to humble yourself in your interactions with others. Consider how you can serve and love those around you selflessly, just as Jesus did. Embrace the opportunity to become more like Jesus in your attitudes and actions.

### Prayer:

Lord, help me to embrace humility in my relationships. May I follow the example of Jesus, who willingly became a servant for the sake of others.

DAY 4

## Day 4

Scripture Reading: Psalm 95:6 (NLT)

“Come, let us worship and bow down. Let us kneel before the Lord our maker,”

Reflection:

Take time today to worship Jesus. Whether through song, prayer, or reading Scripture, focus on His goodness. Allow worship to become a daily practice, drawing you closer to Him. Being with Jesus in worship strengthens your connection with Him.

Prayer:

Lord, I come before You in worship, acknowledging Your greatness and glory. May my heart be filled with awe and gratitude as I spend this time in Your presence.

DAY 5

## Day 5

### Scripture Reading: Matthew 14:14 (NLT)

“Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.”

### Reflection:

Jesus is renowned for His compassionate nature. Following the path of Jesus naturally leads to focusing on the needs of others. If Christianity lacks a clear focus on helping others, it may become a self-centered form of spirituality that is primarily concerned with personal growth. Today, make a conscious effort to reach out to someone else. A simple phone call or offer of help can be a life-changing moment for them.

### Prayer:

Lord, open my eyes to the needs around me. Give me a heart of compassion and guide me in practical ways to extend Your love to those who are hurting.

DAY 6

## Day 6

### Scripture Reading: Ephesians 4:32 (NLT)

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

### Reflection:

Reflect on the profound forgiveness extended to you by Christ. Today, intentionally seek opportunities to forgive others. Let go of resentment and grudges, imitating Jesus' compassionate forgiveness. In doing so, you align your heart with the transformative power of grace and contribute to the restoration of relationships.

### Prayer:

Lord, grant me the strength to forgive others as You have forgiven me. Help me release any bitterness and embrace the freedom found in your boundless grace. May my actions reflect Your love and forgiveness to those around me.

DAY 7

## Day 5

### Scripture Reading: Philippians 4:6-7 (NLT)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

### Reflection:

As we finish the fast use today to focus on experiencing the peace that comes from being in Christ. In life's challenges and uncertainties, surrender your worries to God through prayer. Reflect on His promises and the assurance that His peace surpasses all understanding. Embrace the peace that comes from trusting in His sovereignty.

### Prayer:

Heavenly Father, in the midst of life's uncertainties, I choose to place my trust in You. Help me surrender my anxieties and worries through prayer. May Your peace, which surpasses all understanding, guard my heart and mind in Christ Jesus.



**KEYPOINT  
CHURCH**