

INTENSE

Templo La Trinidad Prayer and Fasting

Introduction

This devotional is a 14-day prayer and fasting journey through 1 John.
It is arranged as a daily guide from Sunday 10/18 - Saturday 10/31, with a Scripture passage, theme, reflection, and prayer for each day.

Sunday 10/18

Day 1 ·
1 John 1:1–4

Theme: Knowing Jesus

Consider: Reflect on the reality that Jesus is not merely an idea or teaching. John personally encountered Him! The Christian life begins with knowing Christ and sharing in fellowship with Him

Prayer: Lord Jesus, help me know You more deeply. Open my heart to the truth of who You are and let my relationship with You become the foundation of my life. Amen.

Reflection:

Monday 10/19

Day 2 ·
1 John 1:5–10

Theme: Walking in the Light

Consider: God is light, and walking with Him means being honest about our sin rather than hiding it. His promise is forgiveness and cleansing when we confess.

Prayer: Father, search my heart and show me anything I am trying to hide from You. Give me courage to confess my sins and walk honestly in Your light. Thank You for Your forgiveness. Amen.

Reflection:

Tuesday 10/20

Day 3 · 1 John 2:1–6

Theme: Like Him

Consoder: To truly know Jesus is to walk as He walked, reflecting His love, humility, obedience, and grace in every word and action.

Prayer: Lord Jesus, help me to truly know You by the way I live. Teach me to walk as You walked—with love, humility, obedience, and grace. May my words and actions reflect Your character each day. When I stumble, remind me of Your forgiveness and guide me back to Your ways. Amen.

Reflection:

Wednesday 10/21

Day 4 ·
1 John 2:7–14

Theme: Love One Another

Consider: John connects knowing God with loving other believers. As we grow spiritually, our love should grow too.

Prayer: Lord, teach me to love people the way You love them. Remove bitterness, selfishness, and resentment from my heart. Help me become someone who brings Your love and light into the lives of others. Amen.

Reflection:

Thursday 10/22

Day 5 ·
1 John 2:15–17

Theme: What Are You Living For?

Consider: John reminds us that the things of this world are temporary. God's will last forever.

Prayer: Father, help me recognize the things that compete for my heart. Keep me from building my life around temporary pleasures, possessions, or approval. Teach me to desire what lasts forever. Amen.

Reflection:

Friday 10/23

Day 6 ·
1 John 2:18–27

Theme: Remain in Christ

Consider: There will always be voices trying to pull us away from the truth. John encourages believers to remain in what they have learned about Christ.

Prayer: Jesus, keep me grounded in Your truth. Give me wisdom to recognize deception and the strength to remain faithful when other voices compete for my attention. Amen.

Reflection:

Saturday 10/24

Day 7 ·
1 John 2:28–29; 3:1–3

Theme: Children of God

Consider: One of the greatest truths in Scripture is that God calls us His children. Our identity comes from Him, and this hope should shape how we live.

Prayer: Father, thank You that I can call You my Father. Help me live from the security of being Your child rather than constantly seeking approval from the world. Make me more like Jesus. Amen.

Reflection:

Sunday 10/25

Day 8 ·
1 John 3:4–10

Theme: A Changed Life

Consider: John challenges us not to make peace with sin. Following Christ doesn't mean perfection, but it does mean that our direction is changing.

Prayer: Lord, transform my life. Give me strength to turn away from patterns of sin and to pursue righteousness. When I fall, help me get back up and keep following You. Amen.

Reflection:

Monday 10/26

Day 9 ·
1 John 3:11–18

Theme: Love in Action

Consider: Christian love isn't merely something we say. John calls us to demonstrate love through our actions, generosity, and care for others.

Prayer: God, make my love practical. Show me where I can serve, encourage, forgive, or help someone today. Don't let my love remain only in words. Amen.

Reflection:

Tuesday 10/27

Day 10 ·
1 John 3:19–24

Theme: Confidence Before God

Consider: Our hearts can condemn us, but God knows us completely. We can approach Him with confidence because of Christ.

Prayer: Father, when my heart accuses me, remind me of Your grace. Help me trust you more than my feelings and give me confidence to come before You in prayer. Amen.

Reflection:

Wednesday 10/28

Day 11 ·
1 John 4:1–6

Theme: Test What You Hear

Consider: Not every spiritual message is true. John teaches us to test what we hear against the truth about Jesus.

Prayer: Lord, give me discernment. Help me recognize what is true and reject what leads me away from You. Keep my heart anchored in Your Word and in the truth about Jesus. Amen.

Reflection:

Thursday 10/29

Day 12 ·
1 John 4:7–12

Theme: God Is Love

Consider: God's love isn't merely an emotion—it was demonstrated by sending His Son. Because God loved us first, we are called to love others.

Prayer: Father, thank You for loving me first. Let Your love change the way I see and treat people. Help me love even when it is difficult or inconvenient. Amen.

Reflection:

Friday 10/30

Day 13 ·
1 John 4:13–21

Theme: Perfect Love Casts Out Fear

Consider: God's love gives us confidence rather than fear. As we understand His love more deeply, fear loses its grip on us.

Prayer: God, help me rest in Your perfect love. Take away the fears that control me and replace them with trust. Teach me to love You and others without fear. Amen.

Reflection:

Saturday 10/31

Day 14 ·
1 John 5:1–21

Theme: Eternal Life and Confidence

Consider: John closes with confidence: those who have the Son have life. We can know that we belong to God and can approach Him in prayer.

Prayer:

Jesus, thank You for giving me eternal life. Help me live with confidence that I belong to You. Strengthen my faith, deepen my love, and help me remain faithful to You. Amen.

Reflection: