

FORTY
DAYS

SACRED SEASON

MY

OF SURRENDER

PASTOR JAVARIS WRIGHT

A LETTER FROM OUR PASTORS

THIS YEAR, WE ARE GOING TO DO SOMETHING A LITTLE DIFFERENT AS A CHURCH FAMILY. WE ARE SETTING ASIDE 40 DAYS FOR A FOCUSED JOURNEY OF PRAYER AND FASTING, WALKING TOGETHER WITH HEARTS TURNED TOWARD GOD. DURING THESE DAYS, WE WILL INTENTIONALLY CREATE SPACE TO SEEK GOD, LISTEN FOR HIS VOICE, AND ALLOW HIM TO SHAPE OUR HEARTS IN A DEEPER WAY.

THIS SEASON IS AN INVITATION TO SLOW DOWN, BREATHE A BIT DEEPER, AND DRAW CLOSER TO GOD TOGETHER. IN A WORLD THAT MOVES FAST AND ASKS A LOT OF US, THESE 40 DAYS GIVE YOUR FAMILY SPACE TO PAUSE AND REALIGN YOUR HEARTS WITH WHAT MATTERS MOST. THIS JOURNEY IS NOT ABOUT GETTING EVERYTHING RIGHT; IT IS ABOUT MAKING ROOM IN YOUR HEART TO MEET GOD IN REAL, PERSONAL WAYS.

THIS 40-DAY JOURNEY TOWARD THE CELEBRATION OF THE RESURRECTION IS MEANT TO BE SHARED AS A FAMILY. FAITH WAS NEVER MEANT TO BE A SOLO ACTIVITY OR SOMETHING THAT ONLY HAPPENS INSIDE A CHURCH BUILDING. GOD LONGS TO BE PRESENT IN YOUR HOME, IN YOUR CONVERSATIONS, AND IN THE EVERYDAY RHYTHMS OF YOUR LIFE. THE HOPE IS THAT THIS DEVOTIONAL WILL BE A SIMPLE BUT MEANINGFUL TOOL TO HELP YOUR FAMILY GROW SPIRITUALLY, LISTEN FOR GOD'S VOICE, AND EXPERIENCE HIS LOVE TOGETHER.[STORYCHIEF] AS YOU MOVE THROUGH THESE PAGES, YOU WILL FIND TIMES OF TEACHING AND TIMES OF REFLECTION, MOMENTS TO TALK, PRAY, LISTEN, AND RESPOND. SOME DAYS MAY FEEL NATURAL AND EASY, WHILE OTHERS MIGHT STRETCH YOU A BIT. THAT IS OKAY. GROWTH OFTEN TAKES PLACE RIGHT IN THE MIDDLE OF THAT TENSION. WHAT TRULY MATTERS IS NOT DOING EVERYTHING PERFECTLY, BUT CHOOSING TO KEEP SHOWING UP TOGETHER.

THIS 40-DAY JOURNEY ULTIMATELY LEADS US TO THE CROSS, BUT IT DOES NOT STOP THERE. IT CARRIES US INTO RESURRECTION, RENEWAL, AND NEW LIFE. MAY THIS TIME HELP PREPARE YOUR HEARTS TO CELEBRATE THE RISEN CHRIST WITH DEEPER GRATITUDE, A STRONGER FAITH, AND A GREATER SENSE OF HOPE.

WE ARE PRAYING FOR YOU AND YOUR FAMILY AS YOU WALK THIS JOURNEY TOGETHER.

PASTORS JAVARIS & APRIL WRIGHT

Sacred Season: A 40-Day Family Devotional

Front Introduction: What Is Our Sacred Season?

What is Lent (Our Sacred Season)?

Lent is a 40-day season before Easter when Christians slow down, pray, and say "no" to some things so they can say a bigger "yes" to Jesus. It remembers the 40 days Jesus spent in the wilderness, fasting and praying before He began His ministry, and prepares our hearts to celebrate His death and resurrection.

Why are we doing this as Pentecostals?

As Pentecostals, this Sacred Season is not about empty ritual; it is about making room for the Holy Spirit to work deeply in our lives. We believe God still speaks, heals, and fills believers with power; so these 40 days are a special invitation to seek a fresh touch from God, to grow in holiness, and to be ready to witness for Jesus in our world.

Why are we including the whole family?

Faith was never meant to be a "grown-ups only" thing. When children and teenagers pray, fast in age-appropriate ways, and talk about Jesus at home, their faith becomes real and personal, not just something they see at church. This Sacred Season helps families pray together, talk together, and follow Jesus together.

How will we walk through these 40 days?

Each day has four simple parts your family can use at the dinner table, before bed, or whenever works best:

- Scripture: A short Bible reading.
- Devotional Thought: A few sentences everyone can understand.
- Action Step: One simple way to live out the day's theme.
- Prayer Focus: One thing to talk to God about together that day.

Some weeks include specific fasts (like no screens, no sugary drinks, no meats and sweets, or sun-up to sun-down fasting with water only), and one week lets your family choose what to lay down. The most important thing is not doing it perfectly, but showing up with open hearts and letting Jesus lead your family closer to Him.

Week 1 – Making Space (Screens & Media)

Weekly Fast: Monitoring and significantly reducing screen time (gaming, TV, social media, non-essential phone use). Families choose clear limits (for example: no screens at meals, no screens after 7 p.m., no gaming on school nights, etc.).

Weekly Big Idea: "Lord, help us make room for You."

This week teaches that attention is one of the most precious things we can offer God. When we put down screens, we pick up space to hear God, talk to each other, and notice what the Holy Spirit is doing in our home.

Day 1 – What Fills Our Minds?

- **Scripture:** Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- **Devotional Thought:** Screens are not evil by themselves, but if we are not careful, they can quietly shape how we think, feel, and act. God calls us not to be squeezed into the world's mold, but to be transformed by His truth. This week your family is making space for God to renew your minds by choosing to limit media and focus more on Him.
- **Action Step:** As a family, choose and write down your screen guidelines for this week (e.g., "No screens at meals," "No social media after 7 p.m.," "No gaming on school nights"). Post them where everyone can see.
- **Prayer Focus:** "Lord, we give You our attention this week. Help us not to be shaped by our screens but to be transformed by Your Word and Your Spirit."

Day 2 – Be Still and Know

- **Scripture:** Psalm 46:10 – "Be still, and know that I am God."
- **Devotional Thought:** Noise and constant scrolling make it hard to hear God's voice. God invites your family to be still, to quiet your hearts and remember who He is. When you put down your devices this week, you are not just losing entertainment—you are gaining room for God's presence.
- **Action Step:** Choose a 10–15 minute block today for total quiet as a family—no screens, no music, no talking. Sit together, breathe deeply, and quietly invite God to speak to your hearts. Afterwards, let anyone share if they sensed anything from the Lord.
- **Prayer Focus:** "God, teach us how to be still in a noisy world. Help us to know You better as we quiet our minds and hearts before You."

Day 3 – Guarding Our Eyes and Ears

- **Scripture:** Psalm 101:3 – "I will not look with approval on anything that is vile."
- **Devotional Thought:** What we watch and listen to affects our hearts more than we realize. Some shows, videos, songs, and posts normalize things that hurt us spiritually. This week is a good time to notice what has been coming through your screens and to ask, "Does this bring me closer to Jesus or pull me away?"
- **Action Step:** Go through your TV apps, social media feeds, and games together. Remove or mute anything that clearly does not honor God or that regularly stirs up fear, anger, impurity, or comparison.
- **Prayer Focus:** "Lord, set a guard over our eyes and ears. Show us anything we should stop watching or listening to, and give us courage to remove it."

Day 4 – Redeeming the Time

- **Scripture:** Ephesians 5:15–16 – "Be very careful, then, how you live... making the most of every opportunity, because the days are evil."
- **Devotional Thought:** Hours can disappear scrolling, gaming, or watching videos. That time can never be recovered. God is not against fun or rest, but He does want us to use our days wisely. When you limit screens this week, you are taking back time that can be spent on things that matter forever—prayer, relationships, learning, serving, and rest in God's presence.
- **Action Step:** As a family, list three activities you can do instead of screens (board games, walks, cooking together, reading, worship music, serving someone). Choose one and do it together today during a time you would normally be on devices.
- **Prayer Focus:** "Holy Spirit, help us to use our time wisely. Teach our family to make the most of every day and not to waste our lives on things that do not matter."

Day 5 – Friendship With God

- **Scripture:** James 4:8 – "Come near to God and he will come near to you."
- **Devotional Thought:** You become close friends with the people you spend time with. If most of your time is given to screens, it will be hard to feel close to God. This Sacred Season is an invitation to come near to God, trusting that He truly draws near to you. He is not far away; He is ready to meet with your family when you make room for Him.
- **Action Step:** Use some of your "screen-free" time today to read a Gospel story together (for example, Mark 2:1–12 or Luke 8:22–25). After reading, have each person say one thing this story shows about Jesus.
- **Prayer Focus:** "Jesus, we want to be close to You. As we set aside screen time this week, draw near to our family and help us to know You as our best friend."

Day 6 – Real Conversations, Real Connection

- **Scripture:** Colossians 4:6 – "Let your conversation be always full of grace, seasoned with salt."
- **Devotional Thought:** Screens can be a barrier to real connection. Sometimes people sit in the same room but are miles apart in heart because everyone is on a device. God designed families to talk, laugh, and carry each other's burdens. This week's media fast is helping your family rebuild real conversations that are full of grace and kindness.
- **Action Step:** Have a "phones-in-a-basket" meal—no devices at the table. Ask a few simple questions (for example: "What was the best part of your day?", "What was hard?", "Where did you see God today?"). Let everyone share without interruption.
- **Prayer Focus:** "Lord, bless our conversations. Help us listen well to one another and speak with grace. Knit our hearts together as a family as we talk face to face."

Day 7 – Choosing a Different Way

- **Scripture:** Joshua 24:15 – "But as for me and my household, we will serve the Lord."
- **Devotional Thought:** Many homes are ruled by screens; they set the schedule, the mood, and the values. Your family is choosing a different way. By limiting media this week, you are declaring that your home belongs to Jesus, not to technology. This doesn't mean you will never use screens again; it means you will not let them be the boss. Jesus is Lord in your home.

- **Action Step:** At the end of the day, reflect together: What was hardest about our media fast this week? What was surprisingly good? What do we want to keep doing, even after the Sacred Season ends (for example, no devices at meals, screen-free nights)? Decide on one lasting change.
- **Prayer Focus:** "Lord, as for us and our household, we will serve You. Thank You for what You have shown us this week about screens and our hearts. Be Lord over our home, our time, and our devices."

Week 2 – Thirsting for God (No Sugary Drinks)

Weekly Fast: No sugary drinks; only water and 100% fruit juice (no soda, energy drinks, sweetened teas, etc.).

Weekly Big Idea: "Jesus, You are our Living Water."

This week, physical thirst becomes a parable. When your family gives up sweet drinks, you learn to notice a deeper thirst in your hearts—a thirst only Jesus can satisfy.

Day 8 – Living Water

- **Scripture:** John 4:13–14.
- **Devotional Thought:** Jesus told the woman at the well that regular water only satisfies for a short time, but the water He gives becomes a spring of life inside us. Sugary drinks may taste good for a moment, but they cannot touch the thirst in your soul. Only Jesus can do that. Every time you drink plain water this week, remember that Jesus offers you something far better—His own life in you.
- **Action Step:** As a family, pour glasses of water and hold them up. Each person quietly tells Jesus one area where they feel "dry" (tired, discouraged, lonely, worried). Then drink the water as a sign of inviting Him to fill that dry place.
- **Prayer Focus:** "Jesus, You are our Living Water. Fill the dry places in our hearts today and satisfy us in ways no drink or treat ever could."

Day 9 – Thirsting for Righteousness

- **Scripture:** Matthew 5:6 – "Blessed are those who hunger and thirst for righteousness, for they will be filled."
- **Devotional Thought:** Jesus says there is a kind of thirst that God loves—a thirst for righteousness, for what is right in God's eyes. This week, when you crave a sweet drink, you can turn that craving into a prayer: "Lord, make us thirsty for what is right." God promises that people who long for His ways will be filled.
- **Action Step:** Each person names one area where they want to do what is right (with friends, at school, at work, online). Choose one of these as a special focus for the week and pray for it each day before you drink water at meals.
- **Prayer Focus:** "Lord, give our family a real hunger and thirst for righteousness. Help us to want what You want, even when it is not easy."

Day 10 – God Knows Our Needs

- **Scripture:** Matthew 6:31–33.
- **Devotional Thought:** Jesus tells His followers not to worry about what they will eat or drink because the Father already knows what they need. Giving up sugary drinks is a small way of saying, "God, we trust You to take care of us." Your family is learning that you do not have to cling to every comfort—you can let go and rest in your Father's care.
- **Action Step:** On slips of paper, each person writes one thing they are worried about (school, money, friends, health, etc.). Place the papers in a jar labeled "God's hands" and pray over it together, asking God to carry those worries.
- **Prayer Focus:** "Father, thank You that You know everything we need. Help us to seek Your kingdom first and to trust that You will take care of our family."

Day 11 – A River Inside

- **Scripture:** John 7:37–38.
- **Devotional Thought:** Jesus promised that whoever believes in Him would have "rivers of living water" flowing from within them. That means the Holy Spirit can fill your family so much that His life and love spill out into your home, school, and community. The more you drink from Jesus, the more others can see His life in you.
- **Action Step:** On a large sheet of paper, draw a big river. Inside the river, write words that describe what you want the Holy Spirit to pour out through your family (love, joy, peace, patience, kindness, courage, self-control). Put the paper somewhere you will see it when you drink water.
- **Prayer Focus:** "Holy Spirit, fill us until Your life flows out of us like a river. Let Your love and power flow through our family to everyone around us."

Day 12 – Remembering the Poor

- **Scripture:** Proverbs 19:17 – "Whoever is kind to the poor lends to the Lord."
- **Devotional Thought:** While your family is paying attention to what you drink this week, remember that many people in the world do not have clean water at all. God cares deeply about people who do not have what they need. When we help them, the Bible says we are honoring the Lord Himself. Your simple drink fast can open your eyes and stir compassion.
- **Action Step:** Talk about one simple way your family can help someone in need of food, water, or shelter (giving to a charity, donating to a food pantry, supporting a clean-water project). Choose one and make a plan to do it.
- **Prayer Focus:** "Lord, open our eyes to people in need around the world and in our own community. Show us how to share what we have and reflect Your kindness."

Day 13 – Turning to God First

- **Scripture:** Psalm 42:1–2.
- **Devotional Thought:** The psalmist says, "As the deer pants for streams of water, so my soul pants for you, my God." Just like a thirsty animal runs to water, your family can learn to run to God first when life is hard. This week is training your hearts to turn to God instead of turning only to food, drinks, or entertainment for comfort.
- **Action Step:** Each person finishes this sentence out loud: "When I feel stressed or upset, I usually run to ____." Then talk about one practical way you can choose to run to God first this week (a quick prayer, a worship song, reading a verse).

- **Prayer Focus:** "God, teach us to come to You first when we are sad, mad, or scared. Help us long for Your presence like a thirsty deer longs for water."

Day 14 – A Thirsty World

- **Scripture:** Revelation 22:17.
- **Devotional Thought:** The Bible ends with an invitation: "Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life." Many people around you are thirsty for hope, love, and forgiveness, even if they would never say it that way. Jesus wants to use your family to invite others to come to Him and find the water of life.
- **Action Step:** Make a short list of people your family wants to pray for—people who may be "thirsty" for God (friends, classmates, co-workers, neighbors, relatives). Put the list where you will see it and commit to pray for them during the coming week.
- **Prayer Focus:** "Jesus, thank You that You offer the water of life to everyone. Use our family to invite others to know You, and give us courage to share our faith with love."

Week 3 – No Meats, No Sweets (Daniel-Style Veggies)

Weekly Fast: No meats, no sweets; focus on vegetables, fruit, whole grains, and simple plant-based foods (a Daniel-style fast).

Weekly Big Idea: "Lord, purify our appetites."

This week your family learns that food is a good gift, but it should not rule your heart. Eating simply helps you listen to God more clearly and remember that your body is a temple of the Holy Spirit.

Day 15 – Daniel's Decision

- **Scripture:** Daniel 1:8–9.
- **Devotional Thought:** Daniel was far from home in a country with different beliefs, yet he decided he would not defile himself with the royal food and wine. He chose a simple diet of vegetables and water so he could honor God with his body. Your family is following Daniel's example this week—choosing simple food to say, "God, we belong to You."
- **Action Step:** Read Daniel 1:8–16 together. Talk about what was hard about Daniel's choice and why God honored it. Ask each person: "What is one part of this week's fast that might be hardest for you?"
- **Prayer Focus:** "Lord, give us the courage of Daniel. Help us honor You with what we eat and drink, and give us strength to keep our commitment this week."

Day 16 – Stronger on Simple Food

- **Scripture:** Daniel 1:15–16.
- **Devotional Thought:** After ten days on vegetables and water, Daniel and his friends looked healthier and stronger than everyone eating the rich royal foods. God showed that obedience matters more than luxury. This week, as your plates look simpler, remember that God can make you spiritually stronger as you obey Him.
- **Action Step:** At dinner, look at your simple meal and have each person say one way they want to be "stronger" (in faith, courage, kindness, self-control, purity). Pray that God will grow that strength in them.

- **Prayer Focus:** "God, thank You that You can make us strong even with simple food. Use this week to make our faith and character stronger in You."

Day 17 – Offering Our Bodies to God

- **Scripture:** Romans 12:1.
- **Devotional Thought:** Paul urges believers to offer their bodies to God as a living sacrifice. That means everything you do with your body—including what you eat—is part of worship. This week's Daniel-style fast reminds your family that your bodies are not your own; they belong to God and are meant to honor Him.
- **Action Step:** Together, list ways you can honor God with your body (rest, exercise, purity, what you watch, what you eat, how you speak). Choose one to focus on this week in addition to the food fast.
- **Prayer Focus:** "Lord, we offer our bodies to You as a living sacrifice. Teach us to honor You with our appetites, our actions, and our daily choices."

Day 18 – Saying No to Extras

- **Scripture:** 1 Corinthians 6:12 – "I have the right to do anything," you say—but not everything is beneficial.
- **Devotional Thought:** Many foods are allowed, but not everything is helpful. This week, you are saying no to meat and sweets—not because they are evil, but because you are choosing what is beneficial for your soul right now. Learning to say no to extra things trains your heart to say yes to God more easily.
- **Action Step:** Ask: "What are some 'extras' in our lives—not just food—that might not be bad, but may not be helpful?" (extra spending, endless scrolling, constant snacking, etc.). Choose one non-food "extra" to reduce today as a family.
- **Prayer Focus:** "Holy Spirit, show us what is truly helpful for our lives with You. Help us to say no to what is merely 'okay' so we can say a bigger yes to You."

Day 19 – Cravings and Prayer

- **Scripture:** Galatians 5:16–17.
- **Devotional Thought:** The Bible says the desires of the flesh and the desires of the Spirit tug in different directions. Cravings for meat or sweets are not sin by themselves, but they teach us about that tug. This week, when a craving hits, treat it like a doorbell: a reminder to turn to prayer and invite the Holy Spirit to lead you.
- **Action Step:** Decide together on a simple "craving prayer," such as "Jesus, I want You more," or "Holy Spirit, lead me." Whenever someone really wants a meat or sweet today, they quietly pray that short prayer. Share in the evening how often you used it.
- **Prayer Focus:** "Lord, when our cravings shout, help us to turn to You instead of giving in. Let every desire become a reminder to seek You first."

Day 20 – Identifying Hidden Appetites

- **Scripture:** Philippians 3:18–20 – "...their god is their stomach... But our citizenship is in heaven."
- **Devotional Thought:** Paul warns about people whose god is their stomach—that means their desires and appetites run their lives. Fasting helps reveal if food, comfort, or pleasure have quietly become too important. This week is a gentle heart check: Are there any appetites that are acting like a "god" in your life?

- **Action Step:** In a respectful, non-shaming way, talk as a family about what this week is revealing. Are there times you use food or treats to deal with boredom, sadness, or stress instead of turning to God? What might change after this Sacred Season because of what you're learning?
- **Prayer Focus:** "God, show us any place where our stomach or desires have become too important. We want You to be our only God. Help us put every appetite in its proper place under Your leadership."

Day 21 – Spiritual Vision and Understanding

- **Scripture:** Daniel 10:2–3, 12.
- **Devotional Thought:** Daniel later fasted again for three weeks—no meat, rich food, or wine—as he sought understanding from God. At the end, a messenger told him, "From the first day that you set your mind to gain understanding... your words were heard." Fasting with a right heart opens our spiritual ears. God sees your family's sacrifice and hears your prayers.
- **Action Step:** In the evening, ask each family member: "What has God shown you during this Daniel-style week?" Write down key things you're learning—about appetites, obedience, and dependence on God.
- **Prayer Focus:** "Lord, thank You that You hear us when we fast and pray. Give our family spiritual understanding and clear vision for what You want to do in us and through us."

Week 4 – Family-Choice Fast

Weekly Fast: The family prays together and chooses one fast for the week (for example: no screens after 6 p.m., no eating out, no snacks between meals, no extra shopping, no gaming, etc.).

Weekly Big Idea: "Holy Spirit, lead our family."

This week helps your family learn how to listen to God together and obey as one. The exact fast can be different in each home, but the heart is the same: choosing surrender as a family.

Day 22 – Asking God What to Lay Down

- **Scripture:** James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all..."
- **Devotional Thought:** God loves to give wisdom when His children ask. Instead of just picking something random to fast from, your family is going to ask the Holy Spirit what He wants you to lay down this week. This makes the fast a response to God's voice, not just a good idea.
- **Action Step:** Sit quietly together for a few minutes and pray: "Holy Spirit, show us what to fast from this week." Then let each person share what comes to mind. Talk it through and agree on one fast the whole family will do. Write it down.
- **Prayer Focus:** "Holy Spirit, thank You that You lead us. Give us wisdom as a family and help us agree on the fast You are calling us to this week."

Day 23 – Obeying Together

- **Scripture:** John 14:15 – "If you love me, keep my commands."
- **Devotional Thought:** Obedience is one way we show Jesus we love Him. This week, your family is practicing obedience together. When you feel the pull to break the fast, remember: this isn't just about rules—it's about loving Jesus as a family.
- **Action Step:** Make a simple chart or list for the week with your chosen fast at the top. Each evening, check in: "How did we do today?" Celebrate faithfulness and show grace where someone struggled.
- **Prayer Focus:** "Jesus, we want to show our love for You by obeying together. Give us strength to keep our commitment and grace when we fall short."

Day 24 – Encouraging Each Other

- **Scripture:** Hebrews 10:24–25.
- **Devotional Thought:** Following Jesus was never meant to be a solo project. God designed believers to encourage each other, especially when things are hard. This week's family fast is a team sport: when one person feels weak, the others can lift them up with kind words and prayer.
- **Action Step:** Today each person chooses one family member to especially encourage in the fast. Look for a moment to say, "I see you trying," or "I'm proud of how you..." and maybe offer to pray with them.
- **Prayer Focus:** "Lord, help us to encourage one another in this fast. Let our words bring strength and hope to each other."

Day 25 – Checking Our Motives

- **Scripture:** Matthew 6:16–18.
- **Devotional Thought:** Jesus warns against fasting to impress other people. God sees what is done in secret and rewards the heart that is truly seeking Him. This week, your family fast is not to show off to friends, social media, or even your church. It is between you and God.
- **Action Step:** Talk honestly as a family: "Why are we doing this fast? What do we hope God will do in us?" Make sure your reasons are about drawing closer to God, not about looking spiritual.
- **Prayer Focus:** "Lord, purify our motives. Help us to fast this week not to impress anyone, but simply because we love You and want to know You more."

Day 26 – Learning to Surrender

- **Scripture:** Luke 9:23.
- **Devotional Thought:** Jesus said that following Him means denying ourselves, taking up our cross daily, and following Him. That sounds heavy, but it simply means saying "no" to ourselves so we can say "yes" to Him. Your family-choice fast is training your hearts in daily surrender.
- **Action Step:** Each person finishes this sentence: "One thing God might be asking me to surrender more often is _____. Share gently, and commit to pray for each other.
- **Prayer Focus:** "Jesus, teach us what it means to deny ourselves and follow You. Use this fast to help us surrender every part of our lives to You."

Day 27 – Not Growing Weary

- **Scripture:** Galatians 6:9.
- **Devotional Thought:** In the middle of a fast, it is easy to grow tired and think, "Does this even matter?" God promises that if we do not give up, we will reap a harvest at the proper time. Your family is planting seeds this week—seeds of obedience and trust that God will grow into something beautiful.
- **Action Step:** Share as a family: "What has been hardest about this week's fast so far? What good things have we noticed?" Write both down as a reminder that God is at work even in the struggle.
- **Prayer Focus:** "Lord, help us not to grow weary in doing good. Give us fresh strength to finish this week's fast well and to keep trusting You."

Day 28 – A Family Led by the Spirit

- **Scripture:** Romans 8:14 – "For those who are led by the Spirit of God are the children of God."
- **Devotional Thought:** A Spirit-led family does not just make decisions based on habit or culture; they ask, "Holy Spirit, what do You want?" This week you have had a small taste of that. As you finish this family-choice fast, remember that the Holy Spirit wants to guide you in decisions big and small all year long.
- **Action Step:** At the end of the day, ask: "What have we learned about listening to the Holy Spirit this week? How can we keep asking Him for guidance after Sacred Season ends?" Write down two or three practical ideas.
- **Prayer Focus:** "Holy Spirit, thank You for leading our family this week. Help us to keep listening for Your voice and following Your lead in our everyday decisions."

Week 5 – One-Meal Fast

Weekly Fast: As a family, choose one meal each day to fast (for example, skip lunch, or eat only a very simple meal and skip the others).

Weekly Big Idea: "Jesus, You are more important than our routine."

This week's pattern builds deeper dependence. Let the hunger from that one missed meal become a daily reminder to seek God and to intercede for others.

Day 29 – Choosing Our Daily Sacrifice

- **Scripture:** 2 Samuel 24:24 – "I will not sacrifice to the Lord my God burnt offerings that cost me nothing."
- **Devotional Thought:** A true sacrifice costs something. Skipping one meal a day may not seem huge, but it is a real cost your body will feel. God sees that cost and receives it as worship when it is offered with love. Your family is saying, "Lord, You are worth even this small daily sacrifice."
- **Action Step:** Decide together which meal you will fast each day this week and how you will handle that time (for example, use lunchtime for a short family prayer, Scripture reading, or quiet personal prayer).
- **Prayer Focus:** "Lord, receive this daily meal we are giving up as an offering of love. Help us to remember You each time we feel hungry."

Day 30 – Feeding on God's Word

- **Scripture:** Matthew 4:4.
- **Devotional Thought:** Jesus said that people do not live by bread alone, but by every word that comes from God. As you skip one meal each day, you have a chance to "eat" something else—God's Word. Let Scripture be your food in those moments, reminding you that spiritual nourishment matters most.
- **Action Step:** During your fasted meal time today, read a short Psalm or a passage from the Gospels together. Ask: "What is one 'bite' from this passage we can carry with us today?"
- **Prayer Focus:** "God, feed us with Your Word. Let Your truth satisfy our souls more than any meal."

Day 31 – Praying for Others

- **Scripture:** 1 Timothy 2:1.
- **Devotional Thought:** Fasting is not only about personal growth; it is also a powerful way to pray for others. When you feel the hunger from your skipped meal, you can turn it into intercession. Your family's hunger reminds you to pray for people who are spiritually or physically hungry.
- **Action Step:** Choose three people or groups to pray for each day this week during your fasted meal (for example: your pastor, missionaries, unsaved friends, the persecuted church, your city). Write their names where you will see them at that time.
- **Prayer Focus:** "Lord, we lift up those we are praying for this week. Use our small sacrifice to strengthen our prayers for them. Work powerfully in their lives."

Day 32 – Remembering the Poor (Again)

- **Scripture:** Isaiah 58:6–7.
- **Devotional Thought:** God says the fast He chooses includes sharing your food with the hungry. As you regularly skip a meal this week, you join in solidarity with those who do not have enough to eat—not by choice, but by circumstance. Let this deepen your compassion and move your family toward action.
- **Action Step:** Talk as a family about a concrete way you can give food or resources to people in need (donating groceries, supporting a local pantry, preparing a meal for someone). Make a plan and assign tasks.
- **Prayer Focus:** "God, as we fast one meal a day, remind us of those who go hungry regularly. Show us how we can be an answer to someone else's prayer for food."

Day 33 – Strength in Weakness

- **Scripture:** 2 Corinthians 12:9–10.
- **Devotional Thought:** Fasting often makes you feel physically weaker for a time. But God promises that His strength is made perfect in our weakness. When your stomach growls or you feel tired at your fasted time, remember that you are learning to lean on God's strength instead of your own.
- **Action Step:** During your fasted meal today, each person shares: "One area where I feel weak and need God's strength is..." Pray for each other specifically in those areas.
- **Prayer Focus:** "Lord, when we feel physically weak, be our strength. Help us to rely on Your power in every area where we feel unable."

Day 34 – Joy in Sacrifice

- **Scripture:** Hebrews 12:2.
- **Devotional Thought:** Jesus endured the cross "for the joy set before Him." He knew the pain would lead to something glorious—our salvation. Your daily fasted meal is small compared to the cross, but it still trains your heart to see that sacrifice and joy can live together. You are giving up something now for a deeper joy in God.
- **Action Step:** After your fasted meal time, have each person describe one joy they have found during these weeks of fasting (closer family time, more peace, deeper prayer, etc.).
- **Prayer Focus:** "Jesus, thank You for enduring the cross for the joy set before You. Teach us to find joy in the sacrifices we make for You."

Day 35 – Preparing for the Final Week

- **Scripture:** Philippians 3:13–14.
- **Devotional Thought:** You are almost at the end of your 40-day Sacred Season. Paul says he presses on toward the goal, forgetting what is behind and straining toward what is ahead. As you finish this one-meal week, you are getting ready for the most intense week of fasting: sun-up to sun-down during Holy Week. God has brought your family this far; He will give you grace to finish well.
- **Action Step:** As a family, talk about how you feel heading into the final week. What are you excited about? What are you nervous about? Pray together for strength and focus for Week 6.
- **Prayer Focus:** "Lord, thank You for bringing us this far in our Sacred Season. Prepare our hearts and bodies for the final week of sun-up to sun-down fasting. Help us to finish strong with our eyes on Jesus."

Week 6 – Sun-Up to Sun-Down (Holy Week, Water Only)

Weekly Fast: From sunrise to sunset each day, no food; water only, with age and health-appropriate adjustments for children and those with medical needs.

Weekly Big Idea: "Lord, write the cross and resurrection on our hearts."

This final week leads straight into Easter. Hunger during the day becomes a living reminder of Jesus' suffering, His great love, and the new life He gives.

Day 36 – The Cross: Love That Paid the Price

- **Scripture:** John 3:16.
- **Devotional Thought:** The cross is the clearest picture of how much God loves the world—and your family. Jesus did not accidentally end up on the cross; He chose it so that your sins could be forgiven and you could live forever with God. As you feel hunger today, remember that Jesus suffered far more than your stomach does, and He did it out of love.
- **Action Step:** Read the crucifixion story from one Gospel (Matthew 27, Mark 15, Luke 23, or John 19) together. After reading, sit in silence for a minute or two and then let each person share one thing that stood out to them.
- **Prayer Focus:** "Jesus, thank You for loving us enough to die on the cross. Help us to understand Your love in a deeper way as we fast today."

Day 37 – Honest Repentance

- **Scripture:** 1 John 1:8–9.
- **Devotional Thought:** The cross shows how serious sin is—but also how complete God's forgiveness is. Fasting helps your heart slow down enough to face sin honestly. You do not have to hide your failures; you can bring them to Jesus, knowing His blood cleanses you from all unrighteousness.
- **Action Step:** Give each person a small piece of paper. In a quiet place, write or draw something you need to confess to God (a sin, an attitude, a habit). After a time of private prayer, destroy the papers (tear or shred) as a picture of God's forgiveness.
- **Prayer Focus:** "Lord, we confess our sins to You. Thank You that because of Jesus' death, we are forgiven and cleansed. Help us to walk in that freedom."

Day 38 – Grace We Don't Deserve

- **Scripture:** Ephesians 2:8–9.
- **Devotional Thought:** Grace means God gives us what we do not deserve—forgiveness, new life, and His presence—because of Jesus. You cannot earn grace by fasting, praying more, or doing everything right. All of your Sacred Season practices are a way of saying "thank You" for grace, not a way to buy it. Grace is a gift.
- **Action Step:** Share as a family: "Tell about a time someone showed you grace—gave you kindness or forgiveness you didn't deserve." Then talk about how God's grace through Jesus is even greater.
- **Prayer Focus:** "God, thank You for saving us by grace through faith. Help us receive Your grace with humility and show that same grace to others."

Day 39 – Resurrection Power

- **Scripture:** Romans 6:9–11.
- **Devotional Thought:** Jesus did not stay in the grave. His resurrection means death no longer has the final word. For believers, it also means sin no longer has to rule our lives. The same power that raised Jesus from the dead is at work in you, helping you say no to sin and yes to God. Your family is not just forgiven—you are made new.
- **Action Step:** Share together: "What is one 'old' thing we want to leave behind (a habit, fear, attitude) and one 'new' thing we want Jesus to grow in us (courage, joy, purity, faith)?" Write them down as a family "old and new" list.
- **Prayer Focus:** "Jesus, thank You that You rose from the dead. Let Your resurrection power work in our family. Help us to leave old ways behind and live in the new life You give."

Day 40 – As for Me and My House

- **Scripture:** Joshua 24:15.
- **Devotional Thought:** After everything God had done for His people, Joshua called them to make a clear choice: "As for me and my household, we will serve the Lord." After 40 days of seeking God together, your family has the chance to say the same. The Sacred Season ends, but your life with Jesus continues. Today is about dedicating (or re-dedicating) your home to Him.
- **Action Step:** At sunset, gather for a special family time. Invite each person to share a simple commitment: "With God's help, I want to..." (follow Jesus, pray more, use kinder words, share my faith, etc.). Then, as a parent or spiritual leader in the home,

speak a blessing over your family and declare together: "As for me and my house, we will serve the Lord."

- **Prayer Focus:** "Lord Jesus, thank You for walking with us through these 40 days. We give You our family. As for us and our house, we will serve the Lord. Fill us with Your Spirit, lead us by Your voice, and use us to shine Your light in our world. In Jesus' name, amen."

A Final Note for Parents

Your family has now completed an entire 40-day Sacred Season together. You have learned that:

- Making space from screens teaches us to hear God's voice more clearly.
- Thirsting physically reminds us of our deeper thirst for Jesus.
- Eating simply helps us notice what truly satisfies our souls.
- Choosing fasts together builds unity and teaches us to listen to the Holy Spirit as a family.
- A single daily meal becomes a doorbell reminding us to seek God.
- Holy Week fasting focuses our hearts on the cross and resurrection—the center of our faith.

This 40-day journey is not just about what you gave up. It is about what you discovered: **that your family is stronger together when you seek God, that your hearts can be changed by the Holy Spirit, and that Jesus is worth everything.**

As you move forward after Easter, encourage your family to hold onto what God has taught you. Some of the fasts may naturally end, but some habits and heart changes can last a lifetime. Return to this devotional guide next year, or use it as a model to create new family rhythms of prayer, fasting, and seeking God together.

The grace of Jesus, the power of the Holy Spirit, and the love of God the Father go with you and your family always.

Your Sacred Season 40-Day Family Devotional is complete.

May God bless your family as you walk this journey of faith, fasting, and prayer together.

With love and faith,

Pastor Javaris Wright