



LOCKED IN

LISTENING FOR CLARITY

40 DAY FAST DEVOTIONAL

Locked In: Listening for Clarity

A 40-Day Lent Journey to Hear the Voice of God

February 18 – March 29, 2026

Galilee Church

Pastor Michael E. Carter Jr., DMin

A Letter from Pastor Michael E. Carter Jr., DMin

Church Family,

Each year, Lent gives us an opportunity to slow down, refocus, and draw closer to God. This year, we are doing more than fasting. We are getting Locked In.

The purpose of this fast is to know the voice of God with clarity.

We live in a noisy world. There are constant demands on our attention. Culture speaks. Fear speaks. Pressure speaks. Our past speaks. But Jesus reminds us in John 10:27, “My sheep hear My voice, and I know them, and they follow Me.”

This 40-day journey is about removing the noise so we can recognize His voice with confidence.

During this fast, expect greater spiritual sensitivity. Expect conviction. Expect direction. Expect peace. Expect God to deal with areas of your life that have been crowded by distraction and routine.

This is a progressive fast, meaning the sacrifice will increase each week. Each step is an invitation to deeper surrender and stronger discipline.

This journey is not about perfection. It is about pursuit. If you miss a day or fall short, do not quit. Reset and continue.

Over these forty days, make space for Scripture. Make space for silence. Make space for prayer. Most importantly, make space to listen.

My prayer is that this will be the season where you don't just talk to God.

This will be the season where you hear Him.

Grace and peace,

Pastor Michael E. Carter Jr., DMin

The Purpose of This Fast

The purpose of this fast is to know the voice of God with clarity. Fasting creates space. When the body is disciplined, the spirit becomes more sensitive. Clarity comes when the noise is reduced.

What It Means to Be Locked In

- Focused spiritually
- Intentional daily
- Removing distractions
- Expecting God to speak
- Responding when He does

Declaration:

I am locked in. My heart is open. My spirit is listening. I expect God to speak.

Why We Fast

Matthew 6:16–18 | Isaiah 58:6–9 | Matthew 4:4

Fasting weakens the flesh, strengthens the spirit, increases spiritual sensitivity, and positions us for clarity and breakthrough.

How God Speaks

- Through Scripture
- Through the Holy Spirit (peace or conviction)
- Through prayer and silence
- Through wise counsel
- Through circumstances

How to Recognize God's Voice

- It aligns with Scripture
- It brings peace, not confusion
- It leads toward obedience
- It produces humility
- It draws you closer to Him

Preparing Your Heart

Reduce:

- Excess media
- Unnecessary noise
- Negative environments

Increase:

- Prayer
- Worship
- Scripture
- Quiet time
- Journaling

Prayer Preparation

Who am I praying for during this fast?

Who am I asking God to save?

What am I believing God will do during these 40 days?

What distractions am I surrendering?

My personal prayer for clarity:

How the 40-Day Fast Works

- 40 consecutive days (no days off)
- Daily 12-hour fasting window
- Each week adds restrictions
- Once removed, foods remain off limits for the rest of the fast

Grace Statement

If you miss a day or break the fast, do not quit. Repent, reset, and continue. This journey is about pursuit, not perfection.

Health Note

If you have medical conditions or dietary restrictions, modify the fast as needed.

Progressive Fast Guide

- Week 1: Remove dairy drinks, pop, non-natural juices, and pork
- Week 2: Remove all dairy, sweets, desserts, artificial sugars, and specialty drinks
- Week 3: Remove beef and boxed waffles or pancakes
- Week 4: Remove crab, shrimp, and all seafood except fish
- Week 5: Remove bread, pasta, and fish
- Week 6: Remove poultry (eggs allowed)

Daily Rhythm

- Read the Scripture slowly
- Sit in silence for two minutes
- Ask: Lord, what are You saying to me?
- Write what you sense
- Pray it back to Him

40-Day Scripture Journey

Week 1: Hearing the Voice of God

God is always speaking. This week is about quieting every competing voice and creating space to hear Him clearly.

Weekly Prayer:

Day 1: John 10:27

Day 2: 1 Samuel 3:9-10

Day 3: Isaiah 30:21

Day 4: Psalm 46:10

Day 5: Hebrews 3:7

Day 6: Revelation 3:20

Day 7: Proverbs 3:5-6

Week 2: Trusting God

Trust is built when we choose to follow God even when the outcome is uncertain.

Weekly Prayer:

Day 8: Psalm 37:5

Day 9: Isaiah 26:3

Day 10: Jeremiah 17:7-8

Day 11: Romans 8:28

Day 12: Hebrews 11:1

Day 13: James 1:22

Day 14: John 14:15

Week 3: Obeying God

Hearing God without obedience leads to frustration. Respond quickly when He speaks.

Weekly Prayer:

Day 15: Luke 11:28

Day 16: Deuteronomy 5:33

Day 17: Matthew 7:24

Day 18: 1 John 2:3

Day 19: Exodus 34:6-7

Day 20: Genesis 22:14

Day 21: Exodus 15:26

Week 4: Knowing God

The more you understand His character, the easier it is to recognize His voice.

Weekly Prayer:

Day 22: Judges 6:24

Day 23: Psalm 90:2

Day 24: Malachi 3:6

Day 25: Job 1:21

Day 26: Ecclesiastes 3:1

Day 27: Philippians 4:12-13

Day 28: Psalm 34:18

Week 5: Loss and Increase

God is faithful in both seasons. Trust Him whether you are gaining or losing.

Weekly Prayer:

Day 29: Habakkuk 3:17-19

Day 30: 2 Corinthians 12:9

Day 31: Isaiah 46:9-10

Day 32: Daniel 4:35

Day 33: Romans 11:33

Day 34: Psalm 115:3

Day 35: Ephesians 1:11

Week 6: The Sovereignty of God

Surrender control. God's plan and timing are greater than your understanding.

Weekly Prayer:

Day 36: Lamentations 3:37

Day 37: Matthew 10:29

Day 38: Acts 17:26

Day 39: Genesis 50:20

Day 40: Romans 8:38-39

Concluding Days: Total Surrender

As this journey concludes, take time to reflect on what God has been saying and release anything you are still holding onto.

End-of-Fast Reflection

What did God do during these 40 days?

What did I learn about God?

What did I learn about myself?

How has my ability to hear God changed?

What habits will I continue?

My 40-Day Testimony

What's Next After the Fast

Continue daily quiet time, Scripture, and listening prayer.

Clarity is not a season. Clarity is a lifestyle.



Hearing God
Like Never Before