



# 21 Days of Prayer & Fasting for **BREAKTHROUGH**

January 2026

*"Let your eyes look forward; fix your gaze straight ahead. Carefully consider the path for your feet, and all your ways will be established. Don't turn to the right or to the left; keep your feet away from evil." — Proverbs 4:25-27*

**15 Minutes a Day  
One Focus Per Day  
Breakthrough for Life**

**GOD IS BIGGER**

## 21 Days of Prayer and Fasting: Breakthrough

Hi City United Family,

I'm excited to share this God-inspired journey with you. Over recent months, I've felt strongly convicted about the transformative power of unified, focused prayer—not only for individuals but for our church. This year, we are celebrating 50 years in Lunenburg with Gospel impact. The original church planted a Gospel impact, and now City United is building on that Gospel footprint and seeing the vitality only the Lord can bring out of those hard latter years. WE HAVE SEEN A BREAKTHROUGH with over 800 people calling CU home!!

This 21-Day Prayer Guide is the result of many hours spent seeking God's heart for personal breakthrough and studying the principles of His Word on Kingdom growth.

As your pastor, I've witnessed firsthand how concentrated prayer changes everything. When we began the vision of City United Church, we committed every step to prayer, and God has been faithful beyond measure over these 10 years to reset our impact. Now, He's calling us to an even deeper level of prayer partnership that will catalyze a movement of breakthrough for the next ten years, unlike anything we've seen before.

In Proverbs 4:25-27, *"Let your eyes look forward; fix your gaze straight ahead. **26** Carefully consider the path for your feet, and all your ways will be established. **27** Don't turn to the right or to the left; keep your feet away from evil."*

This 21-day journey is about planting those seeds of breakthrough through intentional, Scripture-soaked prayer and watching God break forth for His glory.

What makes this prayer guide unique is its focus on practical application combined with profound spiritual transformation. Each day includes:

- Scripture foundations that root us in God's Word  
Prayer points that align with His Kingdom purposes
- Personal heart check questions that challenge our comfort zones
- Practical steps that turn our prayers into action

To make the most of this journey, you'll need:

- A dedicated daily time with God (even if it's just 15 minutes)
- A quiet space to hear His voice
- Your Bible and a journal
- A heart ready for transformation
- A willingness to share your journey with others

City United Family — I believe we're standing on the edge of a breakthrough, but it starts with us as a church family! The prayers we pray during these 21 days will echo into eternity. They'll impact our families, transform our neighborhoods, and catalyze a movement beyond our church walls.

Are you ready to join this Kingdom adventure? Choose your start date, gather your prayer partners, and let's watch God do what only He can do.

Remember, God Is Bigger!  
With expectant faith, Pastor Gary

**ABOUT FASTING:** Fasting in Christianity, as outlined in Elmer Towns' book *"Fasting for Spiritual Breakthrough,"* is a spiritual discipline involving voluntary abstention from food or other physical needs for a specific period. This practice is rooted in biblical principles and is viewed as a means of seeking God's guidance, expressing repentance, and deepening one's spiritual connection. Various types of fasting are mentioned in the Bible, each serving distinct purposes.

**Normal Fast:** A normal fast involves abstaining from all food for a specific period. This is referenced in Matthew 4:2 (NIV), describing Jesus' 40-day fast in the wilderness: *"After fasting forty days and forty nights, he was hungry."*

**Partial Fast:** A partial fast involves restricting certain types of food or meals. Daniel's partial fast, as described in Daniel 10:3 (NIV), consisted of abstaining from rich foods and wine: *"I ate no choice food; no meat or wine touched my lips."*

**Absolute Fast:** An absolute fast involves refraining from both food and water. Queen Esther called for such a fast among the Jews, as seen in Esther 4:16 (NIV): *"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day."*

**Intermittent Fast:** An intermittent fast involves alternating between periods of fasting and eating. This type of fasting is not explicitly mentioned in the Bible but aligns with the general concept of abstaining and feasting.

**Corporate Fast:** Corporate fasting involves a community or group collectively abstaining for a shared purpose. In Joel 2:15-16 (NIV), a call for a corporate fast is issued: *"Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly."*

Fasting, as explained in the Bible, serves as a powerful tool for believers to draw closer to God, seek His will, and express their dependence on Him. The diverse forms of fasting allow for flexibility in its practice, catering to individual and communal spiritual needs.

**HOW TO USE THIS GUIDE:** To use this prayer and fasting guide effectively, you can start by reading and praying through the Scripture. Write down your thoughts and take a moment to react to what God is saying.

Whenever hunger or the urge to break your fast arises, revisit your readings. Use these moments of physical need as opportunities to reinforce your connection with the Scripture and deepen your understanding of God's faithfulness. Let the words in this guide, guide your thoughts and prayers, providing strength and purpose throughout your fasting journey.

# CITYUNITED

## **OUR VISION:**

To see New England transformed by making disciples and planting churches to multiply the kingdom of God.

## **OUR MISSION:**

To lead people into a growing relationship with Jesus Christ, resulting in MORE disciples and churches.

## **OUR STRATEGY:**

Belong to the Kingdom  
Connect to a Group  
Serve in the Church and in a Community  
Bring Others with You

## **OUR CORE VALUES:**

Biblically Centered  
Relationally Driven  
Contagiously Generous  
Community Targeted  
Life-Change Focused

## **START HERE**

### **Welcome to Your Breakthrough**

This guide is simple. Each day takes 15 minutes. Read the Scripture. Think about the truth. Speak the declaration. Do the action. That's it. God does the rest.

#### **Choose Your Fast:**

- See the types of Fast in the front of the book

#### **Your Daily Rhythm:**

- 5 min - Read the Scripture and teaching.
- 3 min - Say the scripture out loud back to God.
- 5 min - Pray and take action.
- 2 min - Write what God spoke.

#### **Three Rules:**

1. Do it every day. Consistency beats intensity.
2. Speak declarations out loud. Faith comes by hearing.
3. Take action. A breakthrough requires a movement.

**Ready? Let's go.**

## DAY 1 |

### Breaking Through Barriers

*"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." - Isaiah 43:18-19*

God spoke these words through Isaiah to Israel during their Babylonian captivity. They were stuck, defeated, and living in the consequences of past failures. But God was about to do something unprecedented—bring them home through impossible circumstances. The same God who parted the Red Sea was making a new pathway. Notice God says "now it springs up"—present tense. The breakthrough isn't coming someday; it's breaking through right now. Your past failures, disappointments, and mistakes don't disqualify you from God's new thing. They become the backdrop that makes His miracle more visible. Stop rehearsing yesterday's defeats and start perceiving today's movement. The wilderness you face isn't your destination—it's the proving ground where God demonstrates His power to make streams flow in dry places.

**"I RELEASE THE PAST. GOD IS DOING A NEW THING IN ME!"**

#### **Today's Action:**

Write down three specific things from 2025 that you need to release—mistakes, disappointments, or burdens. Pray over them and give it to God. Tear up the paper and throw it away as a physical act of letting go.

#### **What is God saying to me today?**

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## DAY 2 |

### Hope That Holds Through Every Storm

*"We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain." - Hebrews 6:19*

The writer of Hebrews uses the image of a ship's anchor to describe Christian hope. Ancient ships would drop anchor in storms to keep from crashing into rocks or drifting out to sea. But our anchor doesn't just sink into sand—it penetrates the veil into heaven's throne room where Jesus sits. This changes everything. When your circumstances are storming, your hope isn't tied to what you can see; it's fastened to an unchanging God in an unshakeable place. The Jews reading this letter understood that the "inner sanctuary behind the curtain" meant the Holy of Holies, where God's presence dwelt. Your hope has access to that same presence through Jesus. While others panic in the storm because their hope is tied to circumstances, yours holds firm because it's anchored in heaven. This isn't wishful thinking or positive vibes—this is confident expectation based on God's character and promises.

**"MY HOPE IS ANCHORED IN HEAVEN. NO STORM SHAKES ME!"**

#### **Today's Action:**

Write down five specific promises from Scripture that speak to your current situation. Put this list somewhere you'll see it first thing every morning this week. This will be your daily encouragement.

#### **What is God speaking to me today?**

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## DAY 3 |

### Strength When Pressure Mounts

*"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." - 2 Corinthians 4:8-9*

Paul wrote these words from personal experience, not theory. He had been beaten, shipwrecked, imprisoned, and left for dead. Yet he describes a resilience that defies explanation. The Greek word for "hard pressed" means squeezed or compressed, like grapes in a winepress. Pressure was coming from every direction. But notice the pattern: pressed but not crushed, perplexed but not despairing, persecuted but not abandoned, struck down but not destroyed. There's always a "but" with God. The pressure you feel right now isn't destroying you—it's revealing what fills you. When you're filled with God's Spirit, pressure produces power, not panic. The same force that would crush someone else makes you stronger. Paul knew that God's presence meant he could bend without breaking. Today, you face pressure from financial stress, relational tension, health concerns, or career challenges. Remember: you can handle more than you think because God is in you.

**"PRESSURE MAKES ME STRONGER. I BEND BUT DON'T BREAK!"**

#### Today's Action:

Write down your most significant pressure point right now and write 2 Corinthians 4:8-9 directly over it on a piece of paper. Put this paper where you'll see it throughout your day. God is bigger!

#### What is God speaking to me today?

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## DAY 4 |

### Breakthrough Flows Through Generations

*"One generation commends your works to another; they tell of your mighty acts." - Psalm 145:4*

King David understood that a breakthrough isn't meant to stop with you. God's design involves generational flow that multiplies—what He does in your life becomes a river that flows to your children, grandchildren, and spiritual sons and daughters. The Hebrew word for "commends" means to boast about or praise. Your job is to brag about what God has done. When Baby Boomers share stories of God's provision during hard times, Generation X learns to trust. When Millennials testify about God's faithfulness in their chaos, Generation Z finds faith. When Generation Alpha sees God move today, they expect Him to move tomorrow. That's breaking through with multiplication. Your breakthrough testimony isn't just for you—it's a weapon for the next generation. The enemy wants to isolate your story, keeping it locked in your heart. But God wants it flowing like a river through families, churches, and communities. What God does in you will impact people you'll never meet if you're willing to tell the story.

**"MY BREAKTHROUGH FLOWS TO THE NEXT GENERATION!"**

#### **Today's Action:**

Schedule a coffee or phone call this week with someone from a different generation (20+ years older or younger). Share one specific story of how God came through for you.

#### **What is God speaking to me today?**

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## DAY 5 |

### Acceleration Changes Everything

*"The least of you will become a thousand, the smallest a mighty nation. I am the LORD; in its time I will do this swiftly." - Isaiah 60:22*

God spoke this promise to a remnant of Israel returning from exile. They were small, weak, and facing overwhelming obstacles. But God promised multiplication and acceleration. The phrase "in its time" doesn't mean slow—it means at the appointed moment. And when that moment comes, God moves "swiftly." The Hebrew word means suddenly, in haste, with speed. Joseph went from prison to palace in one day. David killed a giant and became a national hero overnight. Esther saved a nation through one courageous conversation. Your breakthrough might feel delayed, but God specializes in divine acceleration. What crawled forward for years can sprint when heaven shifts gears. The delay isn't denial—it's preparation. God is aligning people, resources, and circumstances. When His time arrives, things will move faster than you can track. Get ready. The acceleration isn't just about speed; it's about multiplication. God doesn't just give you what you asked for—He does immeasurably more.

**"GOD IS ACCELERATING MY BREAKTHROUGH RIGHT NOW!"**

#### **Today's Action:**

List three promises or situations that feel delayed. Speak Isaiah 60:22 out loud over each one, declaring that God will move swiftly in His perfect time. The point here is to believe and to trust Him!

#### **What is God speaking to me today?**

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## DAY 6 |

### Beyond Your Biggest Dreams

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us." - Ephesians 3:20*

Paul closes this prayer with a doxology that explodes the limits of human imagination. The Greek phrase "immeasurably more" is hyperekperissou—super abundantly beyond. It's mathematical language pointing to exponential multiplication beyond calculation. When you pray your biggest prayers, God smiles because He already planned something bigger before creation began. Notice the power isn't just available—it's "at work within you" right now. This isn't about God's potential; it's about His active power operating in your life today. Your imagination, no matter how creative, cannot contain God's capability. He doesn't just exceed expectations; He operates in dimensions your mind cannot access. Stop limiting God with small prayers and safe dreams. The same power that raised Jesus from the dead lives in you. That resurrection power is working right now to bring dead situations back to life, open impossible doors, and create opportunities that don't exist yet. Dream bigger. Pray bolder. Expect more.

**"GOD DOES IMMEASURABLY MORE THAN I CAN IMAGINE!"**

#### **Today's Action:**

Write down your biggest prayer request for 2026. Now add this sentence underneath it: "And even more than this, Lord—do what only you can do and I can imagine."

#### **What is God speaking to me today?**

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## DAY 7 |

### Peace That Guards and Guides

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." - Philippians 4:6-7*

Paul wrote these words from a Roman prison cell, chained to guards, facing possible execution. Yet he talks about peace that transcends understanding. The word "guard" is a military term—God's peace stands watch like a Roman soldier, protecting your heart and mind from enemy attacks. This peace doesn't make logical sense based on your circumstances. It flows from God's throne, not from your situation. The key is the exchange: anxiety out, thanksgiving in. When you thank God in the middle of chaos, you're declaring that He's bigger than your problem. This shifts your focus from circumstance to character—from what's wrong to who's in control. Thanksgiving literally rewires your brain, creating new neural pathways that break cycles of worry. The peace that guards is the same peace that guides. When you need to make decisions, God's peace becomes your compass. If you have peace, proceed. If peace leaves, stop. This peace isn't absence of trouble; it's the presence of God in trouble.

**"GOD'S PEACE GUARDS MY HEART AND MIND TODAY!"**

#### **Today's Action:**

Before bed tonight, write down ten specific things you're grateful for. Say each one out loud and thank God for it. This exercise is challenging for some but fruitful for all.

#### **What is God speaking to me today?**

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## DAY 8 |

### Vision For Your Breakthrough Year

*"Then the LORD replied: 'Write down the revelation and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time; it speaks of the end and will not prove false.'" - Habakkuk 2:2-3*

God told Habakkuk to write the vision down and make it plain—clear enough that someone running past could read it. Vision without clarity stays stuck in your head. Written vision becomes a declaration, a constant reminder of where God is leading. The prophet was frustrated with God's timing, but God assured him the vision had an appointed time. Your breakthrough needs more than hope—it needs vision clear enough that others can run with it. When you write it down, three things happen: you clarify what God is saying, you create accountability, and you prepare for fulfillment. The vision doesn't lie or prove false. God's word is certain. While you wait for the appointed time, the written vision sustains your faith. You can return to it when doubt creeps in. You can share it with prayer partners who will stand with you. You can measure your progress against it. Write it plain. Make it clear. The herald needs to run with it, which means others will catch your vision and help carry it forward.

**"MY VISION IS CLEAR. I RUN WITH PURPOSE!"**

#### **Today's Action:**

Write your 2026 vision in one clear paragraph—no more than five sentences. Read this paragraph out loud every morning this week. Maybe God has given you a word for the year, expand on that.

#### **What is God speaking to me today?**

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## DAY 9 |

### Restoration of Lost Years

*"I will repay you for the years the locusts have eaten—the great locust and the young locust, the other locusts and the locust swarm—my great army that I sent among you." - Joel 2:25*

Joel describes total devastation—multiple waves of locusts representing different types of loss across seasons. Nothing was left. Yet God promises complete restoration, not just recovery. The Hebrew word for "repay" means to make whole, to compensate, to restore what was taken. God doesn't just give back what the locusts ate; He gives back the years. This is supernatural restoration that defies natural law. You can't get back lost time—unless God intervenes. He restores relationships thought broken forever, opportunities considered lost, and dreams that seemed dead. Divine restoration isn't limited to what you lost; it includes what you could have gained during those years. God compresses multiple years of blessing into accelerated seasons. With Him, it's never too late. The wasted years, the prodigal seasons, the times of barrenness—God redeems them all. Your setback becomes the setup for a comeback that's bigger than if you'd never failed. Stop mourning what the locusts ate. Start believing for what God will restore.

**"GOD RESTORES WHAT WAS STOLEN FROM ME!"**

#### **Today's Action:**

Make a "Restoration List"—write down three specific things (relationships, opportunities, dreams) that need God's restoring power. Pray over this list daily this week.

#### **What is God speaking to me today?**

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## DAY 10 |

### Faith That Moves Heaven

*"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." - Hebrews 11:6*

Faith operates as heaven's currency, purchasing what money cannot buy and accessing what effort cannot earn. This verse reveals two non-negotiable requirements: believing God exists and believing He rewards seekers. Many people believe the first while doubting the second, which limits their breakthrough. Notice it says "earnestly seek"—not casual interest but wholehearted pursuit. The Greek word for "earnestly" means to seek out, investigate, and worship. This is about the passionate, persistent pursuit of God. When this kind of faith pleases God, heaven responds with rewards that match His generous nature. The writer of Hebrews just finished describing the hall of fame of faith—people who moved mountains, parted seas, conquered kingdoms, and saw dead people raised. Their secret wasn't special talent; it was earnest seeking that pleased God. Your faith right now—however small it feels—pleases God when you use it to seek Him. And God is not stingy with rewards. He delights in giving good gifts to His children.

**"MY FAITH PLEASES GOD. HE REWARDS MY SEEKING!"**

#### **Today's Action:**

Take one bold step of faith today that stretches you beyond your comfort zone—call someone you've been afraid to call, apply for that opportunity, or start that project you've been delaying.

#### **What is God speaking to me today?**

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## DAY 11 |

### Standing in God's Unshakeable Kingdom

*"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe." - Hebrews 12:28*

The writer contrasts Mount Sinai (which shook when God appeared) with Mount Zion (the unshakeable kingdom). Everything that can be shaken will be shaken—economies, governments, institutions, systems. But God's Kingdom stands eternal, unaffected by earthly earthquakes. You're not just hoping for this Kingdom; you're "receiving" it—present tense, active reception. Your citizenship provides stability when everything else is in flux. While the world panics about inflation, political chaos, and social upheaval, you stand on unshakeable ground. This doesn't mean you ignore real problems or pretend challenges don't exist. It means you face them from a position of security, not fear. Your job isn't secure, but your Kingdom is. Your retirement might be uncertain, but your inheritance is guaranteed. Your health might fail, but your eternal life is sealed. Thanksgiving and worship become your natural response to this reality. When others around you are shaking, your stability points them to the unshakeable King.

**"I STAND IN GOD'S UNSHAKEABLE KINGDOM!"**

#### **Today's Action:**

Spend 15 minutes in worship today—put on worship music, be still, listen, and focus your heart on God's eternal, unshakeable nature. Thank Him that His Kingdom stands when everything else falls.

#### **What is God speaking to me today?**

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## DAY 12 |

### Your Identity Secured Forever

*"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." - 1 Peter 2:9*

Peter packs four identity statements into one verse, each one a title of honor. "Chosen" means selected, picked out, favored. "Royal priesthood" means you have direct access to the King and authority to minister on His behalf. "Holy nation" means set apart for a sacred purpose. "Special possession" means treasured, prized, valued beyond measure. These aren't earned titles—they're inherited positions through Christ. Your identity doesn't flow from your performance; it flows from God's declaration over you. When the enemy attacks your worth, you're royalty. When the world questions your value, you're chosen. When shame whispers inadequacy, you're God's treasured possession. This identity empowers you to "declare the praises" of God—to tell everyone what He's done. You were in darkness, but He brought you into light. That's not just a past event; it's your ongoing testimony. Your identity determines your activity. Know who you are, and you'll know what to do.

**"I AM CHOSEN, ROYAL, HOLY, GOD'S POSSESSION!"**

#### Today's Action:

Write this statement and put it on your bathroom mirror: "I am chosen, royal, holy, and God's special possession." Declare it out loud every morning this week while looking yourself in the eye. And guess what? You Are!

#### What is God speaking to me today?

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## DAY 13 |

### Mountain-Moving Authority

*"Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them." - Mark 11:23*

Jesus reveals that mountains move through declared faith, not worried prayer. The disciples were shocked when a fig tree that Jesus had cursed withered overnight. His response: you can do this too. Notice, He says speak **TO** the mountain, not **ABOUT** it. Most people discuss their mountains rather than commanding them. Your words carry creative or destructive power based on faith alignment. The phrase "does not doubt in their heart" is key. Heart-doubt neutralizes powerful words; heart-faith activates mountain-moving authority. This isn't about positive thinking or mind over matter. This is about the Kingdom authority given to believers. You have the right to command sickness to leave, poverty to break, and obstacles to move. But that authority must be exercised through faith-filled words. Jesus demonstrated this throughout His ministry—speaking to storms, sickness, demons, and even death. He delegated that same authority to His followers. Stop discussing what's wrong. Start declaring what God says. Your mountain is listening.

**"I SPEAK TO MOUNTAINS. THEY MOVE AT MY COMMAND!"**

#### **Today's Action:**

Identify your biggest mountain right now. Speak directly to it out loud: "[Mountain name], in Jesus' name, I command you to move. You will not stand in my way. Go now." Repeat this daily.

#### **What is God speaking to me today?**

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## DAY 14 |

### Beauty in Divine Timing

*"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end." - Ecclesiastes 3:11*

Solomon, the wisest man who ever lived, reveals that timing determines beauty. The same situation can be painful at the wrong time but beautiful at the right time. A seed planted in winter looks dead, but spring reveals it was just waiting for the appointed season. God's timeline transforms ordinary into extraordinary through perfect timing. The challenge is that eternity lives in your heart, creating urgency and impatience, while God works according to His perfect schedule. You can't fathom His full plan because you can't see the end from the beginning. But He can. What feels like a delay is often divine alignment—getting pieces into position for maximum impact. Abraham waited 25 years for Isaac. Joseph spent 13 years between the dream and the palace. David was anointed king but didn't sit on the throne for another 15 years. The wait wasn't wasted; it was preparation. God's timing is never early, never late, always perfect. Trust His timeline even when you can't trace His hand. The beauty is coming.

**"I TRUST GOD'S PERFECT TIMING IN MY LIFE!"**

#### **Today's Action:**

Write a prayer surrendering your timeline to God. Name specific situations where you're tempted to rush ahead or manipulate timing. Release them to His perfect schedule.

#### **What is God speaking to me today?**

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## DAY 15 |

### Living in Overflow

*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." - John 10:10"*

Jesus contrasts the thief's plan with His own purpose. The thief, Satan, uses a threefold approach: stealing your joy, killing your dreams, and destroying your purpose. His aim is for you to merely survive, not thrive. In contrast, Jesus came to offer abundant life—life so abundant it overflows every container you have. The Greek word for "full" is *perissos*, which means superabundant, excessive, or overflowing. This goes beyond material wealth or the prosperity Gospel; it encompasses emotional health, spiritual vitality, deep relationships, meaningful work, and provision for needs. An abundant life provides enough for yourself with extra to share. This is your daily bread. You're not meant to live in constant crisis, barely holding on, or always exhausted. That's survival mode, and Jesus didn't die for you just to survive. He died so you can thrive in His presence. The shift from survival to abundance begins in your heart and mind. The devil wants us to accept crumbs when Jesus offers a feast. Stop settling for just enough when God promises overflow and provision. Living abundantly glorifies God more than struggles ever could.

**"I LIVE IN GOD'S ABUNDANT OVERFLOW!"**

#### **Today's Action:**

Write down three areas where you're in survival mode (finances, relationships, health, emotions). In each area, write one small step you can take this week to move toward thriving. These breakthroughs take time, focus, prayer, and work.

#### **What is God speaking to me today?**

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## DAY 16 |

### Standing on His Promises

*"God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?" - Numbers 23:19*

Balaam spoke these words while trying to curse Israel. He discovered he couldn't curse whom God had blessed because God's word is unchangeable. This verse contrasts God's faithfulness with human fickleness. People lie. People change their minds. People promise and fail to deliver. But God does none of these things. His nature makes lying impossible. His character makes changing His mind unnecessary. When He speaks, He acts. When He promises, He fulfills. Every promise in Scripture carries heaven's guarantee, backed by God's unchangeable nature. From Genesis to Revelation, not one promise has ever failed. Think about that. Thousands of promises over thousands of years, and God's track record is perfect. The promise He gave Abraham came to pass. The promise He gave Moses happened. The promise He gave David was fulfilled. When circumstances contradict promises, don't doubt the promise—trust that God is working behind the scenes. His word always wins. Stand on it. Build your life on it. Bet everything on it. God cannot lie.

**"GOD'S PROMISES NEVER FAIL. I STAND ON THEM!"**

#### **Today's Action:**

Start a Promise Journal. Write down one specific promise from Scripture that speaks to your current situation each day. Date it and prepare to write your testimony of fulfillment in that promise. Journaling is a great thing to keep track of your thoughts and answered prayers.

#### **What is God speaking to me today?**

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## DAY 17 |

### Courage for Your Calling

*"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." - Joshua 1:9*

God spoke these words to Joshua as he prepared to lead Israel into the Promised Land. Moses was dead. Joshua was terrified. Ahead lay fortified cities, giant warriors, and impossible odds. God's response wasn't a detailed battle plan—it was a promise of presence. "I will be with you wherever you go." Courage doesn't flow from confidence in yourself; it flows from confidence in God's presence. Notice the threefold command: be strong, be courageous, don't fear. These aren't suggestions; they're orders from your Commander. God wouldn't command something impossible. If He commands courage, He provides it. The phrase "wherever you go" is significant. Not "wherever you should be" or "wherever I send you," but wherever you go. Even when you take wrong turns or make mistakes, His presence goes with you. Every generation needs courage for its unique calling. Your calling might be raising children, starting a business, changing careers, or leading a ministry. Whatever it is, God's presence guarantees you can handle it. Do the thing that scares you. God is already there.

**"I AM STRONG AND COURAGEOUS. GOD IS WITH ME!"**

#### **Today's Action:**

What is one thing today that requires a step of courage? Maybe it is having that difficult conversation, making that phone call, taking that risk. Feel God's presence as you step forward in faith and courage.

#### **What is God speaking to me today?**

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## DAY 18 |

### Renewed for Flight

*"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." - Isaiah 40:31*

Isaiah presents three progressive images—soaring, running, walking—each requiring different levels of strength. This isn't about trying harder; it's about hoping in the Lord. The Hebrew word for "hope" means to wait with expectation, to trust confidently. Eagles don't fly by frantic flapping; they position themselves to catch updrafts that carry them higher with minimal effort. When you hope in the Lord, you position yourself for His strength to lift you above exhaustion. This renewal isn't a temporary refreshment; it's a divine replacement of human limitation with heavenly capacity. Notice the progression: first, you soar above the problem, then you run through obstacles, and finally, you walk the long haul without fainting. God gives strength for every season. Sometimes you need to rise above (soar), sometimes you need to sprint (run), sometimes you need to endure (walk). The secret isn't in your strength—it's in positioning yourself to receive His. Stop trying to fly by flapping. Start positioning for the updraft. Hope in the Lord and watch what happens.

**"GOD RENEWS MY STRENGTH. I SOAR LIKE AN EAGLE!"**

#### **Today's Action:**

Take a 15-minute prayer walk in the parking lot, office, or hallway today. With each step, thank God for His renewing strength. Ask Him to lift you above one area where you feel exhausted.

#### **What is God speaking to me today?**

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## DAY 19 |

### Victory Already Won

*"But thanks be to God! He gives us the victory through our Lord Jesus Christ." - 1 Corinthians 15:57*

Paul wrote this after discussing the resurrection—the ultimate victory over death. Notice the verb tense: God "gives" victory, not "will give." It's present tense because victory is already accomplished through Jesus. Every battle you face has already been won at the cross and empty tomb. You're not fighting for victory; you're fighting from victory. This shifts everything. When you face spiritual warfare, financial battles, health crises, or relational conflict, you enter the fight knowing the outcome is already decided. Satan is a defeated enemy pretending to have power. Your job isn't to defeat him—Jesus already did that. Your job is to enforce the victory Jesus won. The resurrection proves that nothing is impossible for God. If He can raise the dead, He can resurrect your dead marriage, dead dream, or dead finances. Before you engage today's battle, remember the victory is yours through Christ. You're not hoping to win; you're standing in triumph that's already secured. Fight with confidence. The war is over. You're just cleaning up.

**"VICTORY IS MINE THROUGH CHRIST. IT'S ALREADY WON!"**

#### **Today's Action:**

Before facing your biggest challenge today, stop and thank God for victory. Speak it out loud: "Thank You that this is already won through Jesus." Then step forward in confidence.

#### **What is God speaking to me today?**

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## DAY 20 |

### Surrounded by Favor

*"Surely, LORD, you bless the righteous; you surround them with your favor as with a shield." - Psalm 5:12*

David describes God's favor as a surrounding shield—360-degree protection and provision. In ancient warfare, a shield protected from frontal attacks. But God's favor shields you from every angle—front, back, sides, above, below. This favor isn't earned through perfect performance; it flows from a righteous position in Christ. When God's favor surrounds you, doors open that should stay closed, opportunities appear that don't exist, and provision comes from unexpected sources. Favor makes you stand out in a crowd, be remembered in the pile of resumes, and be selected when others seem more qualified. This isn't luck; it's the intentional blessing of God on His children. Favor creates "suddenly" moments—suddenly promoted, suddenly healed, suddenly provided for. Years of closed doors can open simultaneously when favor shows up. Stop trying to force doors open through manipulation or striving. Start declaring favor over your life. When you walk in favor, people don't know why they're helping you—they just want to. Circumstances align in your benefit. Opposition melts. That's a favor at work.

**"GOD'S FAVOR SURROUNDS ME LIKE A SHIELD!"**

#### **Today's Action:**

Throughout your day today, actively look for and document every moment of favor—someone lets you in traffic, a conversation goes well, you find what you need on sale. Write them down tonight.

#### **What is God speaking to me today?**

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## DAY 21 |

### Breakthrough Like Flooding Waters

*"So David went to Baal Perazim, and there he defeated them. He said, 'As waters break out, the LORD has broken out against my enemies before me.' So that place was called Baal Perazim." - 2 Samuel 5:20*

David faced the Philistines—his lifelong enemies—in a decisive battle. After the victory, he named the place "Baal Perazim," which means "Lord of the Breakthrough." He described God's victory as water breaking through a dam—sudden, overwhelming, unstoppable. Notice David says God "has broken out"—past tense completed action. The breakthrough happened in the spiritual realm before David even engaged physically. Once water breaks through a barrier, nothing stops its flow. The initial crack becomes a flood. Your breakthrough works the same way. It might feel distant, but God has already broken through in the heavenly realm. What you're experiencing now is the manifestation of what's already done. Like water finding every crack, breakthrough finds every opening. It doesn't stop with one area—it floods into every part of your life. Financial breakthrough leads to relational breakthrough. Healing breakthrough leads to ministry breakthrough. One breakthrough becomes a cascade. This is your "Baal Perazim" moment. The Lord of Breakthrough goes before you. The waters are about to break through. Get ready for the flood.

### "THE LORD OF BREAKTHROUGH GOES BEFORE ME!"

#### Today's Action:

Write your breakthrough testimony as if it's already happened. Use past tense: "God broke through in my [situation]. Here's what happened..." Read it daily and prepare for fulfillment.

#### What is God speaking to me today?

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## YOUR BREAKTHROUGH CONTINUES

You finished 21 days. The breakthrough continues. Here's what's next:

### Keep Going:

- Keep spending 15 minutes with God daily.
- Share your testimony with someone each week.
- Lead someone else through this 21-day guide.
- Fast one day per week to stay sharp, or even fast 12/16/18 hours each day throughout this year.

**"THIS IS MY YEAR OF BREAKTHROUGH!"**

**I expect great things.**

**I do great things.**

**I watch God do immeasurably more greater things!**

"Truly I tell you, the one who believes in me will also do the works that I do. And he will do even **greater** works than these, because I am going to the Father." -

**JESUS (John 14:12)**

**GOD IS BIGGER!**