

DEVOTIONAL
WORKBOOK
WEEK 1

FASTING





DAY 1

1 Corinthians 2:9 NLT

9 That is what the Scriptures mean when they say, "No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."

Imagine God using a five-day-old orphan raised by his aunt in inner-city New Jersey, who struggled through school and discovered he had a fourth-grade reading level his junior year in High school. Nevertheless, God intended to raise him from poverty to a place of honor. On January 15, 2022, I found myself standing before a national audience of millions at the Virginia Governor's inauguration to lead the invocation prayer. Although unexpected, it was a moment that God made possible. God manifested something that many thought to be impossible. Therefore, if God did it for me, I have great news: you are next in line! Just hold on to God's promises and remain faithful to the small things. It may feel slow, but behind the scenes, He is orchestrating new possibilities for you. And remember, a prayer delayed is not a prayer denied; it's God working for your good.

In Mark 9:23, Jesus says all things are possible for those who believe. New opportunities await for you in 2025, so keep hope alive! Here are some practical steps you can take and get ready to experience a season of manifestation in 2025.

1. **God is sovereign:** maintain a spirit of faith, trusting that God is working behind the scenes, and it'll be in His timing, not yours.
2. **Confess the word:** believe what God says about you, and that it will come to pass; therefore, you must maintain your confession of faith.
3. **Get ready for the unexpected:** God's blessings may not look like what you expect. Stay open to opportunities that will stretch you or take you in a new direction. Believe that God is in control.
4. **Celebrate progress:** do not despise small beginnings. While waiting for the manifestation of God's plan, find joy in the small victories along the way. Each step prepares you for future greatness.
5. **Encourage Others:** share your testimony on how God has exceeded your expectations in the past. This builds up your faith and others who are waiting for their manifestation.

God, you are Sovereign, and I thank You for orchestrating every moment of my life as I walk in Your word and Your will. Holy Spirit, continue to guide me and lead me from the valley of despair to the mountaintops of Your destiny. May this season of seed, time, and harvest be plentiful in my life. I will be mindful to give You all the glory and honor in Jesus' name. **Amen.**

DAY 2

Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen.

There is nothing that we can imagine or hope for that truly comes from God, that is not done through a submitted heart. The substance of faith ultimately that God wants to manifest in us would scare us in the natural mind. Because we are inundated with a mindset of self “**made**”, “self “**taught**”, self “**ishness**”, the faith that God wants to produce in us requires our hearts to be submitted totally in selflessness. If you can think it AND do it without any prayer, without fasting, without reading the word of God. **It. Is. Not. Faith.** It was luck which is used to trick us into thinking we have faith. And tricks come from the enemy, the devil, to dull and ultimately deceive our hearts from the true kind of faith.

God's kind of faith requires strategies and downloads by the Spirit of God from heaven. It requires us to be led by the Holy Spirit, to repent when we try to go back to selfishness and fail, to spend time in daily prayer and to increase our fasting even deeper than we ever have. Substance from God is where the miraculous happens, where the plot twist hits in that, what was meant for evil God turns it around for our good. The biggest start is to submit our hearts. Let the Spirit of God expose the bondage and entanglement with the devil we have yet to **1. Acknowledge 2. Submit to God 3. Repent 4. Daily Surrender** through true intimacy with God.

Dear Heavenly Father,

Worthy and wonderful are you. What is man that you are mindful of him? I thank you for the breath of life I have been given by you. Thank you for your love and goodness to me. I thank you for direction by your word and spirit to soften my heart to the things of you.

It is your will Father, that I surrender my heart, mind, and soul to you and to obey your word. Father I want to surrender truly and I know I have failed many times before. But your will for me is what I want to be submitted to. I will be a living sacrifice holy and acceptable unto you. My action will be in obedience to what you will do for me to do. I want to walk by faith that only you can empower me to do by your Holy Spirit. It is your will that my faith be of substance that natural sight can't stop, predict, or tamper with.

Through your Holy Spirit show me my heart. Show me where I need help and what to pray about. Unite my heart to fear your name, Lord. Soften my heart in areas where I've been rebellious, lazy to be obedient to your voice through your word.. Take my heart by the reigns and cleanse it and give me a new heart, a clean heart, a heart set for you only. Place in my heart the faith that delivers me from sickness of mind, body, and spirit.

I repent for always allowing my feelings, in what feels good to me, rule me. I repent for openly disobeying you. Ignoring your word, your spirit as you remind me of what your word says but I decide to “do me”. I repent for stubbornness, and pride in not truly repenting to change and turn from the sin. Cause a godly sorrow to be inside of me to turn from wickedness, falsehood, lying, manipulation, and selfishness. Change the substance of ungodly things in my heart for the righteousness of God in Christ Jesus. Let there be TRUE evidence that I am your child, as I devote this time to you to seek your presence in a way that I have never done before. Increase my faith as I come into agreement that my heart will be totally submitted to you. Holy Spirit lead me not into temptation, but deliver me from evil. You, O God, are the only true God. Holy, Powerful, Creator of all things, Beautiful, Marvelous, Pure, Everlasting, In Control, I Am That I Am. Power, Glory, and Honor are yours forever. In Jesus Name, **Amen.**



DAY 3

Revelation 22:12

12 "Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done.

When I think about manifestation, I consider faith, prayer, and the will of God. Manifestation represents God's revealing of His will and power in the physical world. This manifestation of God's power and creativity is a testament to His sovereignty and majesty. As we look towards A Season of Manifestation, how are we preparing ourselves for Jesus when he returns?

This verse refers to the second coming of Jesus. His arrival is imminent—He is already underway! The servants of God are judged to receive reward, but the God-rejecters are judged for punishment. Being imminent is to stay busy doing our father's work. The apostles lived and served with the idea that Jesus could return within their lifetime; what if they had ceased from their labors and just "waited"? They would have been in disobedience to Christ's command to "go into all the world and preach the good news to all creation"

God gives us so many insights regarding how we are to live in that preparation. Especially considering encouraging one another, showing love to one another, practicing good works and meeting with one another. **"24** And let us consider how we may spur one another on toward love and good deeds, **25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." (Heb 10:24-25)

We have heard in many of Pastor Duncan's sermons that we are the Salt and Light, I believe we are that chosen generation that shall see his return. As we get ourselves ready, we must prepare others as well. "Make yourselves ready for Jesus" Allow this season of fasting to assist you with not only studying the word but living it.

Father God, we thank you for being our strength our redeemer and comforter, we ask that you help us with our walk and that we increase and grow in you day by day. We pray that we become bold in our witnessing and sharing your word. Lead us to the right person(s), give us the right words to share and not be hesitant in our work of God. God, we know you are being patient for our sake, and you would never want us to perish. Right now, in the name of Jesus we repent, we receive all that you have for us and pray for those who do not know you that they develop that personal relationship with you. Help us to love others inspite of their ways and as we press to obey your word let us live it out in action that others will see the light. Lord hear our hearts and allow us to focus on what you have called us to do. It is in your holy will we pray **Amen**.



DAY 4

"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

I recently completed my 4th marathon and while the actual race was the manifestation of what I worked for, I realized that the training process was where I learned the most about myself and my faith. Training for a marathon is much more than physical preparation, it's a journey of faith. Each early morning run and grueling workout tests not only my body but also my spirit. Some days, motivation comes easily, and I feel confident in my abilities. On other days, doubt creeps in, and I wonder if I'm truly capable of reaching the goal I've set for myself. It's in those moments of struggle and perseverance that I see the power of **Joshua 1:9** come to life.

During the months of training, I faced many setbacks: injuries, sore muscles, fatigue, and the temptation to give up. Yet, every run reminds me of God's command: "Be strong and courageous." Strength doesn't always mean feeling powerful; sometimes, it means pushing forward, and trusting that God's presence will sustain me. Courage isn't the absence of fear but the choice to keep moving forward, one step at a time, knowing He goes with me. Training builds my faith because it mirrors the spiritual walk. There are "long runs" in life—difficult seasons that stretch us—and "recovery days" when we need rest in God's presence. Each moment of perseverance shapes my character and reinforces this truth: God doesn't promise an easy path, but He promises to be with us every step of the way. So, as I continue to lace up my shoes, I've learned to remind myself that my strength comes not from my ability, but from His unfailing presence. Training for marathons has taught me to trust His process and timing, knowing that through every challenge, God is building endurance in my spirit.

Lord, thank You for the lessons You teach me through every challenge. In the training ground of life, help me find strength and courage in Your presence. Teach me to trust Your process, knowing that You are with me, shaping my faith and guiding my steps. **Amen.**



DAY 5

II Samuel 24:24

Then the king said to Araunah, "No, but I will surely buy it from you for a price; nor will I offer burnt offerings to the Lord my God with that which costs me nothing." So David bought the threshing floor and the oxen for fifty shekels of silver

In this passage, King David was preparing to offer up a "sacrifice" to God and needed a place to perform it but he did not want it for free. That is how we should approach worship and fasting today. We should always plan to give up something of value to us in those situations. It needs to be a cost of some sort because if it costs us nothing it is not a sacrifice. Too often are the people of God giving little of themselves and yet expecting a full return of His love and blessings. So let whatever it is that we part with during this time of fasting be something our flesh cherishes and desires so that we're not short-changing God. And always remember our Lord and Savior Jesus Christ, the One who paid the ultimate cost by giving up His life for us all as a true and living sacrifice.

Father God,

First and foremost we exalt You and give You all the honor and praise. And we thank You for the blueprint that you've given us on how we're to lose those things dear to our flesh to gain so much more spiritually in return. No we do not see our sacrifice as a form of payment to receive whatever we want, but more so a statement letting You know that You're worth more than anything in our lives today and we'd rather have You than any of it. We thank You for the acceptance of our sacrifice and may it be pleasing in Your sight. As always it's for Your glory and our good in the Name of Your Son Jesus we pray **Amen**.



DAY 6

Hebrews 11:1

Faith shows the reality of what we hope for; it is the evidence of things we cannot see.

What do you do when life throws you a curveball? In one moment something happens and your whole life changes. Your normal routine changes and your whole life shifts in another direction. Sometimes this happens and you aren't aware of what's coming. This could be a person that you loved and trusted just walks out of your life. One of your friends or a loved one dies. You receive an unfavorable diagnosis from your doctor. You find yourself recovering from a bad car accident. You suddenly lose your job and you are having a hard time finding a new one.

Saints through my life journey I have dealt with some of these issues. I have had to learn to put my total trust and hope in Jesus Christ. Jesus has asked us to cast our cares upon Him because He cares about all of our trouble, fears, and anxiety. When life gets hard my hope is in Jesus, and that He will do what He said He would do. My hope and faith are anchored in Him even when I can not see what He is doing in the spiritual realm. Jesus has proven Himself faithful and trustworthy to me time and time again. I've been through a divorce and Jesus filled me with love and hope and told me everything is going to be alright. He has made ways out of no way for me. I have lost loved ones at an early age and some just died too soon. When you lose a loving parent it feels like life will never be the same especially if that person was your go-to person when life makes no sense, and you're hurting and you need a hug or just to hear their voice. Jesus is the source of my joy and strength. It's in Him that I live, move and have my being. One of the most important tools that I have used and still use is prayer. Prayer is a way to communicate with Jesus and to get His attention. When we take time to communicate with Him it is a powerful experience. I highly recommend doing it throughout your day. All of your prayers during the day don't have to be long, sometimes they can be one or two sentences.

Dear Heavenly Father, I thank you for being a good God. Thank you for calling me out of darkness into your marvelous. Thank you for being true to your words that you will never leave me nor forsake me. Thank you that you have promised that you will be a hedge of protection around me and that you have given angels charged over me. Thank you that you promised that you shall supply all of my needs according to your riches and glory in Christ Jesus. Thank you for being my hope and defender in times of trouble. I thank you that I know that you are present in my life even when I can't see what you are in the spirit realm. It's in Jesus Name I pray **Amen**.



DAY 7

Mark 11:23-24

Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea and does not doubt at all in his heart but believes that what he says will take place, it will be done for him. For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will get it.

Manifestation is the idea that you can bring a positive outcome into your life by simply "Claiming" it as your own and "Believing" it will happen. The key words are "Claiming" and "Believing". Claiming whatever you are desiring as your own and Believing it is already yours before it appears. I used the above scripture when I was believing God for a teaching position. After I filled out the application, I prayed St. Mark 11:24 over the application. The scripture says "Whatever you ask for in prayer (make sure what you are asking God for in prayer is in line with his word), Believe that you have received it, and it Will be yours". I did not receive the job when I received the offer letter, the job was already mine when I prayed because the scripture says whatever I ask for in prayer. The job was mine that very moment I asked for it and believed it was mine. Sometimes we ask God for things in prayer, but do we truly believe it's ours? Do we truly believe we can own it as ours and believe it is ours and get it? We must claim it and believe we will get it! When I received the offer letter for the teaching position, that was the manifestation of what I asked for and believed for in prayer. In order for us to experience the manifestation of what we are believing God for, we must Claim it as ours and Believe that it is ours the moment we ask for it in prayer. You may be wondering, Did she thank God? Yes, I did! I thanked him for the job in prayer because it was already mine but I praised him for the offer letter when it came to my email because that was the manifestation. Glory!

Father God, thank you for your word. I thank you that whatever I ask for in prayer is mine that very moment. Holy Spirit help me to believe that what I am believing for will manifest in the natural. Thank you God that you are the God of manifestations in Jesus name! **Amen!**

