



**WEEK OF  
PRAYER & FASTING**

Daily Devotional

April 28 – May 4

# Purpose in the desert.

## Today's Verses

DAY 1

“WHAT IF THE DRY SEASON  
WE WANT TO RUSH THROUGH  
IS THE PLACE WHERE GOD  
WANTS US TO SLOW DOWN  
TO HEAR FROM HIM?”

PRAYER & FASTING

“The Lord had said to Abram, “Go from your country, your people and your father’s household to the land I will show you.”

Genesis 12:1

“The Lord said to Abram after Lot had parted from him, “Look around from where you are, to the north and south, to the east and west. All the land that you see I will give to you and your offspring forever. I will make your offspring like the dust of the earth, so that if anyone could count the dust, then your offspring could be counted. Go, walk through the length and breadth of the land, for I am giving it to you.” Genesis 13:14-17

# Devotional



“Have you ever found yourself in a “dry” season with God? Maybe you haven’t felt His presence or heard His voice in a while—or perhaps a trial in life made you feel distant from God. It can be difficult to understand God’s purpose for these seasons. But what if the very “dry” season we want to rush through is the place where God wants us to slow down to hear from Him?”

In Genesis 12, God calls Abraham to move to “the land I will show you.” The Lord doesn’t give Abraham geographical directions; the journey would require complete trust in God. In response, Abraham packs his bags, gathers his family, and sets out, awaiting further instructions from God. The first leg of Abraham’s journey was safe, watered, and along the Euphrates River. The second leg went straight through the desert; no fishing, no predictability—dry. God wanted to show Abraham that He is near in the river seasons and near in the dry seasons. God wants to show us this as well. But this means we need to reframe how we view our dry season.

God spoke a special promise to Abraham in the desert. The Hebrew word for desert is “midbar,” which comes from the same root word as “to speak.” A desert is a quiet place, away from the noise. What if God’s next whispers to you can’t be heard by the rushing river?

During these 7 Days of Prayer and Fasting, pull away from the noise. If you’ve been in a dry season with God lately, lift your head with anticipation—God wants to use your desert season to speak to you. Seek out a quiet place today to spend time in prayer, worship, and quiet listening. Let God breathe life and purpose into your dry season.

# Questions



1. What is God calling you to leave behind?
2. What does God need to say to you?
3. What is on the other side of your obedience?



Eliminating distractions.

# Today's Verses

DAY 2

"GOD IS **STILL** SPEAKING-  
THE QUESTION IS, ARE WE  
**LISTENING?**"

**PRAYER & FASTING**

"But Jesus often withdrew to the wilderness for prayer." Luke 5:16

"But when He, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on his own; He will speak only what He hears, and He will tell you what is yet to come. He will glorify me because it is from me that He will receive what He will make known to you." John 16:1-14

# Devotional



We live in a world constantly fighting for our attention—distractions are everywhere. It can be hard to focus on God through all the noise. Perhaps the biggest distraction is the one we carry in our pocket every day. In fact, the average person spends over three hours a day on their smartphone! What if we decided to spend a small portion of that time each day listening and focusing on God? Maybe your phone isn't the biggest distraction to you, but we all have something that monopolizes our time and attention. If we become too focused on the temporal, we forget that God desires to be with us. Jesus didn't live in the digital age, yet He still often withdrew to the wilderness to pray. He deliberately pulled away from the crowds and demands to spend time with God. Jesus' example to retreat from the noise to commune with God serves as a reminder that God is still speaking—the question is, are we listening?

During this season, turn down the noise of the world to focus your life and attention on God. Take 15 minutes today to enjoy His presence—spend five minutes in prayer, five minutes in the Word, and five minutes in worship. Pray and listen for the voice of God. Like Jesus, let this become the wilderness part of your day, free from rushing and agendas, free from distractions and demands. The goal isn't to check prayer and fasting off your list, but to create closeness with God and rhythm in your life that lasts well beyond these 7 days.

## Question



1. During your time of prayer and fasting, what distractions can you remove or minimize to focus on God?



The journey is worth it.

# Today's Verses

DAY 3

"GOD CAN BRING LIFE TO THE **DRYEST** AREAS OF YOUR LIFE AND SPIRITUALLY **STRENGTHEN** YOU THROUGH EVERY SEASON."

WARRIOR  
PRAYER & FASTING

"How lovely is your dwelling place, Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God. Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young—a place near your altar, Lord Almighty, my King and my God. Blessed are those who dwell in your house; they are ever praising you. Blessed are those whose strength is in you, whose hearts are set on pilgrimage. As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength, till each appears before God in Zion."

Psalm 84:1-7



# Devotional



Fasting isn't easy, and it's not just the hunger pangs. You may be fasting for alignment with God, a breakthrough in your circumstances, or clarity about a decision. Regardless of the reason, fasting brings an awareness of the gap between where you are and where you want to be—you are on a journey and haven't arrived yet.

In Psalm 84, the psalmist uses the pilgrimage through the Valley of Baca to illustrate a difficult path. The valley's name indicates a dry and arid region where weeping trees grow. As people traveled to Jerusalem to worship, they would pass through this "weeping" place, but their journey was worth it in the end. Their Valley of Baca turns into refreshing springs and pools and increasing strength until they appear before God.

As you turn away from the noise and sojourn toward God, remember to press on because the journey is worth it. Your Valley of Baca will become a very different place. God can bring life to the driest areas of your life and spiritually strengthen you through every season. Today, take time to thank God that He works all things together for good (Romans 8:28). Write down all the times He carried you through a hard time in your life. When you enter your time of prayer, enter with a restful expectancy. The same God who strengthened you before will strengthen you again.

# Question



1. How has God grown you through dry seasons in your life?



Hear the whisper.

# Today's Verses

DAY 4

"THE HABIT OF PULLING AWAY FROM THE **COMMOTION** LEADS TO A CLOSE **CONNECTION** WITH GOD AND CLARITY THAT CAN'T BE FOUND IN THE CROWDS."

**PRAYER & FASTING**

"The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave." 1 Kings 19:11-13

# Devotional



Have you ever tried having a conversation in a really loud room? You can barely hear your own voice and have to become a lip-reader just to make out what the other person is saying. It's frustrating when you don't feel heard and equally frustrating when you can't hear.

In this passage in 1 Kings 19, the Lord speaks, but He doesn't speak in an ear-splitting way. He is not in the wind, earthquake, or fire. When God speaks, it is a gentle whisper. In a world that often feels like that noisy room, we find God communicating differently. He doesn't want His voice blending in with all the other voices. We have to step away from the clamor if we want to hear God because a gentle whisper can only be heard in closeness and quiet.

Take time today to remove yourself from the noise and lean in to listen to the Holy Spirit. If your mind begins to wander, be honest with God. Tell Him about the things that hinder or distract you and ask for His help being still. If hearing God doesn't come quickly, don't be discouraged. Prayer and solitude are meant to be lifelong rhythms to cultivate, not New Year's resolutions that wane. The habit of pulling away from the commotion leads to a close connection with God and clarity that can't be found in the crowds.

# Question



1. What will help you set the optimal atmosphere today to lean in and listen to God?



# Today's Verses

DAY 5

Fasting is slowing.

"FASTING MIGHT HAVE THE WORD "FAST" IN IT, BUT IT'S MORE ABOUT SLOWING."

PRAYER & FASTING

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6 NIV

"You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water." Psalms 63:1 NIV

# Devotional



We live in a microwave society, where people want everything now. Whether it's meals, news, music, relationships, success, or power—we are surrounded by the “my way, right away” mentality. But, as Christ-followers, our lives are meant to be different. One way we can do this is by slowing down.

Fasting might have the word “fast” in it, but it's more about slowing. Fasting is about unhurried prayer times, taking time to listen to Jesus, and learning about the Holy Spirit. John Mark Comer says, “To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.”

If you're fasting a meal, don't just work through your lunch break because you aren't eating. If you're fasting from social media, don't just find another app to scroll through. Remember to redirect your time to focus on Jesus. Take 20 minutes today, put on your favorite worship music, and sit still in the presence of God. Take time to pray and also take time to listen. Open your Bible and read your favorite Scripture. Slow down and spend time with the Creator of the Universe.

# Question



1. What would it look like if you adopted God's slower pace in every area of your life?





# Today's Verses

DAY 6

Be still.

“HAVING A REGULAR RHYTHM OF REST IS SO IMPORTANT THAT GOD MODELED IT HIMSELF BY CREATING IN SIX DAYS AND RESTING ON THE SEVENTH.”

PRAYER & FASTING

“He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalms 46:10

“Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.” Psalms 37:7

# Devotional



Still is not a word anyone would use to describe our society today.

Mainly we embody the exact opposite. Frantic. Busy. Stressed.

Fast-Paced. Hurried. Always on the go. Whether we fixate on flickering pixels, our ever-expanding to-do lists, or the urge to always be doing something—we have forgotten what it's like to be still, and our souls are paying the price.

God knows we tend to find our identity in what we do, not in who we are, which is why He gave us the Sabbath. Sabbath comes from the Hebrew word “Shabbat,” meaning to rest or cease labor. It helps us practice “being” rather than “doing.” Having a regular rhythm of rest and stillness from our work is so important that God modeled it Himself, by creating in six days and resting on the seventh. God didn't rest because He was tired, burnt out, and overworked—He was showing us the key to proper rest is to be still before you have to be.

A. J. Swoboda says, “A Christian does not see a Sabbath as a period of time. Sabbath, for a Christian, is a way of life. All of life for a Christ wanderer is a Sabbath. All of life is one big period of rest—not rest from the day job or rest from responsibilities, but rest from striving. From saving ourselves. From all of that.”


Use your time with God today to practice stillness. Be still in His presence. Take a deep breath. Rest in His goodness and love. Surrender all striving and ask Him to help you find your identity in who you are in Him, not in what you do.

# Question



1. How can you make time for stillness and rest in your weekly rhythm?





"AS YOU PULL AWAY  
FROM THE BUSYNESS TO  
SPEND TIME WITH JESUS,  
REMEMBER GOD VALUES  
FAITHFULNESS OVER  
SUCCESS."

PRAYER & FASTING

“In those days John the Baptist came, preaching in the wilderness of Judea and saying, “Repent, for the kingdom of heaven has come near.”

This is he who was spoken of through the prophet Isaiah:

“A voice of one calling in the wilderness,  
‘Prepare the way for the Lord,  
make straight paths for him.”

John’s clothes were made of camel’s hair, and he had a leather belt around his waist. His food was locusts and wild honey. People went out to him from Jerusalem and all Judea and the whole region of the Jordan. Confessing their sins, they were baptized by him in the Jordan River.”

Matthew 3:1-6

“Truly I tell you, among those born of women there has not risen anyone greater than John the Baptist; yet whoever is least in the kingdom of heaven is greater than he.” Matthew 11:11

# Devotional



Why pull away from the demands when there is so much to do? Why spend your time praying when you could be producing? It's difficult to devote time to prayer when your mental checklist invades your headspace. Sometimes the best thing you can do is pause and remember God's value system.

In Matthew chapter 11, Jesus commends John the Baptist, referring to him as "the greatest". For the average onlooker, John's life may have seemed strange. John the Baptist didn't just pull away into the wilderness periodically, he chose to live there. John wore rugged clothing, he ministered on the outskirts, and stayed faithful to his calling to prepare the way for the Lord. In Jesus' era, the king was known as Herod the Great and Caesar Augustus was deified. In a culture that considered powerful rulers the epitome of greatness, Jesus conveys a different value system by deeming this wilderness-dweller great.

As you pull away from the busyness to spend time with Jesus, remember God values faithfulness over success. He values what can happen in the wilderness—in time spent tuning out the noise to listen for His voice. Take time today to set aside your to-dos and enjoy God's presence. Most likely, an encounter with the Creator of the Universe will make your to-do list seem a little bit smaller.

# Question



1. What needs to change in your value system to better align with God's?







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