

One Desire

FAST



Introduction

Welcome to One Desire Fast! As we take the time to be united in our prayer and hunger for God, we hope this devotional booklet will strengthen your relationship with God so that you are equipped to stand firm in your faith, Unshaken by the trials of life.

This devotional booklet can act as a guide for us as we fast together; there's no right or wrong way to go through it ~ it is simply a resource. This devotional booklet is broken up into three sections.

Section One aims to ground us in who we are in our identity. Section Two implores us to be reminded of God and His sanctifying work. Lastly, Section Three challenges us to live BOLD lives.

We hope this is a renewing time in the Word for you as individuals, as LCGs, as a LIFE Group, and as a church body. We've already been praying for you all and am excited for the ways God will speak to each and every single one of you!

Fasting Guide

What fasting is and why do we do it?

“The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but endless nibbling at the table of the world. It is not the X-rated video, but the prime-time dribble of triviality we drink in every night. For all the ill that Satan can do, when God describes what keeps us from the banquet table of his love, it is a piece of land, a yoke of oxen, and a wife (Luke 14:18-20). The greatest adversary of love to God is not his enemies but his gifts. And the most deadly appetites are not for the poison of evil, but for the simple pleasures of earth. For when these replace an appetite for God himself, the idolatry is scarcely recognizable, and almost incurable.”

— Dr. John Piper

Fasting is centered on God and is aimed to glorify God. Fasting is a way for us to tangibly express our desires for God. It is also a way for us to express our holy discontentment with what this fallen world has to offer and with our hearts that become easily satisfied with the status quo.

Some of the spiritual purpose for fasting from the bible (adapted from Donald S. Whitney):

- Strengthening prayer (Ezra 8:23; Joel 2:13; Acts 13:3)
 - Seeking God’s guidance (Judg. 20:26; Acts 14:23)
 - Expressing grief (2 Sam. 31:13; 2 Sam 1:11-12)
 - Seeking deliverance or protection (2 Chron. 20:3-4; Ezra 8:21-23)
- Expressing repentance and returning to God (1 Sam. 7:6; Jonah 3:5-8)
- Humbling oneself before God (1 Kings 21:27-29; Ps. 35:13)

Expressing concern for the work of God (Neh. 1:3-4;
Dan. 9:3)

- Ministering to the needs of others (Isa. 58:3-7)
- Overcoming temptation and dedicating yourself to God (Matt. 4:1-11)
- Expressing love and worship to God (Luke 2:37)

Typically, fasting is expressed through voluntarily abstaining from food for a limited time for a specific spiritual purpose. But we can also fast from other good things besides food.

Fasting not only helps us center our lives on God, but also reveals the things that control us. Pride, anger, bitterness, jealousy, fear – if they are in us, they will surface during fasting. We can rejoice as our weaknesses are revealed, because we know that Christ can uproot these idols from our lives.

In New Testament times, fasting was seen as a way of drawing upon more of God's power. In Matthew 4:1, Jesus was "led by the Spirit into the desert", where he fasted for forty days. During this time, the Holy Spirit prepared and equipped Jesus for his public ministry that would soon follow.

As we desire to prepare ourselves for the mission and vision God has given our churches, we want to commit the next two weeks in fasting to God. During this time, we want to de-emphasize our daily "needs" by denying our fleshly hunger and desires. We want to set aside our earthly pleasures to glorify the Lord – with our hearts and minds fixed on His grace and love.

When you fast:

- Devote the time you would normally be eating to meditation and prayer. It defeats the purpose of the fast if you do not pray.
- Have a clear target as you pray. Try creating a list of prayer topics that you will wrestle with in prayer to God.
- Prepare for opposition as you set your heart and your mind on pursuing God. Remember that Satan tempted Jesus during his fast, and we must expect the same.
- As you fast, make sure that you are getting enough fluids into your body. Make sure you are drinking water throughout the day.
- If you fall or give into your hunger, don't give in to condemnation. Remember that God always extends grace when we return to him with humility and repentance.
- Remember that breakthroughs will come – but sometimes, they come after the fast. Don't listen to lies that nothing is happening during your fast.



SECTION I

*Being
Rooted*

Sun 1/26 - We are Rooted

Have you ever considered what it would look like to be truly rooted in Christ? What does it mean/look like to be so unshakable in your faith and resolute in your understanding of God's character that your whole life begins to radiate under the light of His love? When we are rooted in Christ, we are not just able to receive from His infinite source; we can hear clearly, stand firm, come alive, find support, and, in turn, lend support to others.

Read: Ephesians 3:14-19

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Pray: Give thanks to God that He has given us Jesus Christ to dwell richly in our hearts. Ask God to show you what it means to be rooted and grounded in love.

Mon 1/27 - I am Forgiven

Yesterday, we reflected on being rooted and grounded in love. Today we want to remind ourselves and one another that we are truly forgiven. What, then, is true forgiveness? In Christ, we can receive the freedom and wholeness that forgiveness brings.

There is no sin (past, present, or future) too great, no person too faulty, to stand before God and receive all that He wants to pour out onto us. In His perfect plan, He knew our shortcomings and still chose to send Jesus to be our replacement to receive the judgement that was due.

Read: Romans 3:21-26

²¹ But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it— ²² the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: ²³ for all have sinned and fall short of the glory of God, ²⁴ and are justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵ whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. ²⁶ It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus.

Pray: Praise God for His grace over us. Confess over areas that you “fall short” in and ask God to help you to accept the forgiveness He offers.

Tues 1/28 - I am Loved and Accepted

Love and acceptance often go hand in hand. It's hard for us as humans, who live among other sinful people, to understand the depth of the **love and acceptance God has for us**. While we can say we love and accept ourselves and others in our lives, as humans, it's so easy to nitpick at the preferences we desire to have or see. Since God has truly forgiven us, He also completely loves and accepts us. He does so in an everlasting-continuously faithful way that desires for us to live in abundance!

Read: Jeremiah 31:1-6

¹ "At that time, declares the Lord, I will be the God of all the clans of Israel, and they shall be my people."

² Thus says the Lord: "The people who survived the sword found grace in the wilderness; when Israel sought for rest, ³ the Lord appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you. ⁴ Again I will build you, and you shall be built, O virgin Israel! Again you shall adorn yourself with tambourines and shall go forth in the dance of the merrymakers. ⁵ Again you shall plant vineyards on the mountains of Samaria; the planters shall plant and shall enjoy the fruit.

in the hill country of Ephraim: 'Arise, and let us go up to Zion, to the Lord our God.'"

Pray: Ask God to open your eyes and show you the ways that He pours out His love for you and begin to praise Him for His faithfulness. Pray to be so rooted and secured in His forgiveness, love, and acceptance that it frees you to respond from the leading of the Spirit.

Wed 1/29 - I am Cherished

Have you ever had a toy as a child that you loved very dearly? I remember how I cherished my first holographic Pokémon card - I both took great care of and boasted about it. Can you believe that that's exactly how our Heavenly Father, the maker of the universe views YOU?

He cares so deeply for us that He calls out to us as His Dearly Beloved and wishes for everyone to see the lavish ways in which He loves us. We can rest in the assurance that because He views us through a lens of forgiveness, love, and acceptance, there's also an aspect that He cherishes us in our uniqueness as well.

Read: 1 John 3:1-3

¹ See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

² Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is.

³ And everyone who thus hopes in him purifies himself as he is pure.

Read: Psalm 36:7-9

⁷ How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings.

⁸ They feast on the abundance of your house, and you give them drink from the river of your delights. ⁹ For with you is the fountain of life; in your light do we see light.

Pray: Take some time to meditate on the truth that He cherishes you. Allow that knowledge to sink deep into how you view yourself and pray that God will give you the confidence to boast about the ways He cherishes by giving you an abundance of life.

Thurs 1/30 - I am Known

Something I'm amazed by is that God - the Almighty, all-knowing, all-powerful, all-gracious being that He is - knows each and every single one of us to the minute detail. He doesn't just know of us. He knows at our very core who we are, what we believe of ourselves and of others. He knows our strengths and our weaknesses. He knows what we can and cannot handle. What a beautiful truth it is to be WHOLLY known and also completely cherished, accepted, loved, and forgiven!

Read: Psalm 139: 1-6

- ¹ O Lord, you have searched me and known me!
- ² You know when I sit down and when I rise up;
you discern my thoughts from afar.
- ³ You search out my path and my lying down
and are acquainted with all my ways.
- ⁴ Even before a word is on my tongue,
behold, O Lord, you know it altogether.
- ⁵ You hem me in, behind and before,
and lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.

Pray: Take some time to lay before God all the “ugly” parts we see of ourselves. As the passage suggests, He already knows of them anyhow and continues to seek us in our own chaos. Praise God that He can handle all that we are and still seeks and receives us with open arms.



SECTION II

We are
Sanctified

Fri 1/31 - God is Gracious

The pruning process, us taking the time to lay before Jesus all of our “ick”, is never fun or easy. God, in His holy righteousness, had every right to judge us as we were/are. Hopefully, though, these past few days of being reminded through Scripture that we are fully Forgiven, Loved, Accepted, Cherished, and Known points us to a core character of our God. It’s that He is ever-so gracious, and unendingly so. He recognizes that we are dead and made a way so we can have fullness of life through His grace.

Read: Ephesians 2:1-5

¹ And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved.

Pray: Think about one area you desire for God to transform in your life. Some examples include an area of unbelief, some unforgiveness towards others or yourself, or even apathy to walk in His ways. Pick one and REBUKE the lies of Satan. As you do so, pray for God’s gracious perspective over these areas.

Sat 2/1 - God Gives Life

God took us as we were - sinners, stuck in our sin - and sent his Son to die for our eternal freedom. And if that wasn't enough, out of the riches of His love, He picked us up and placed us at His right side and gave us a seat of honor.

Guys! This is so important! You weren't just given a seat at the table—you were given a throne. In the miracle of the cross, we have not just received salvation but a new divine position and a new life. We must remember and remain anchored in our position in Him. It is from our royal position, this new life, that we are commissioned as ambassadors of His love and grace to those around us.

Read: Ephesians 2:4-10

⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Pray: Praise God that it is only by His grace that we can be saved. Praise God that we can operate through a lens of being seated in the throne room alongside Him and our brothers and sisters in Christ.

Sun 2/2 - God is Mighty

Sometimes the sanctification process can seem like facing your own version of a goliath. Satan knows just how to embed lies into our everyday self-talk. We may be fighting very real and difficult battles and no one really knows them better than God Himself.

The following passage invites us to be reminded that - yes, we will face situations/feelings that seem to be an impossible, impassable, unconquerable enemy. But pause for a second and think - His perspective is not our own. What may be a goliath to us God can simply flick away. He is that mighty. In Him, we also have that power. Through Him and Him alone, we can speak life into situations and be more than conquerors.

Read: 2 Corinthians 4:7-12

⁷ But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹ For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. ¹² So death is at work in us, but life in you.

Pray: Reflect on the aspect that no matter what trial we face, we face it knowing that the power of our resurrected God lives within us. Praise God that He is mightier than we are and that He can sustain us through life's trials and the daily sanctification process.

Mon 2/3 - God is Constant

The book of Psalms is so reassuring in the midst of feeling burdened, persecuted, recognizing and repenting of our sins, and sometimes just venting about life. Here the authors are so raw in their emotions. At the end of most of the Psalms there are reminders such as the ones in the passage below. That our God - the **mighty, life-giving, gracious** God that He is - has always been the **same**. He was the same in the "old version" of me, He was the same in generations past, He was the same since the beginning.

Remember, our seasons and plans may change but we can bank on the fact that His seasons and plans do not. Nothing we do or don't do - nothing we say or don't say - can change the fact that He has always been consistent in His own character.

Read: Psalm 102: 24-28

²⁴ "O my God," I say, "take me not away
in the midst of my days—
you whose years endure
throughout all generations!"

²⁵ Of old you laid the foundation of the earth,
and the heavens are the work of your hands.

²⁶ They will perish, but you will remain;
they will all wear out like a garment.

You will change them like a robe, and they will pass away,

²⁷ but you are the same, and your years have no end.

²⁸ The children of your servants shall dwell secure;
their offspring shall be established before you.

Pray: Praise God for the security that is provided through His consistent nature. Ask God to help you to lean on that consistency as we continue to anchor our faith in Him.

SECTION III

Live
BOLDly

The background features a silhouette of a person with their arms outstretched, standing on a ledge or platform. The scene is framed by dark, angular architectural elements on either side, creating a dramatic, high-contrast effect against a light sky.

Tues 2/4 - We Will be Unified in Our Belief

God has always been the God of the outsiders. Heaven was always set for all of humanity. In these verses, Paul is exhorting the church of Ephesus to remember that no matter our divided histories, we are all in need of a Savior, and as a result, we are all found equal at the feet of Jesus.

Isn't it beautiful that even in our diversity we are knit together, united, with love as our sign to the world, embracing our differences but not allowing them to divide us? May the world know us by how we love and the abundance of His mercy demonstrated in our own lives.

Read: Ephesians 2:11-16

¹¹ Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands— ¹² remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵ by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶ and might reconcile us both to God in one body through the cross, thereby killing the hostility.

Pray: Pray in thanksgiving that God loves us uniquely and has given us partnership in the Great Commission through being unified as a Church. Pray for God to unify our local church to be an example of His love and grace to those in our influence. Pray for spiritual partnership!

Wed 2/5 - We Will Obey and Go

Just to reiterate - we are citizens and ambassadors of another kingdom, we all have a seat in heaven. Where we live, how we act, who we hang out with, and what we do each day should not align with the culture or customs of our temporary living place, but instead to our Father's kingdom, the kingdom to which we truly belong.

Because of this, we can lead lives that go to those who do not yet know of His love, those that are unchurched or have been hurt by the church. We can go to the needy and the marginalized, we can love those who feel alienated - the list can go on but the one truth is that if we know of this love, we must go forth in sharing it as well.

Read: Ephesians 2:17-22

¹⁷ And he came and preached peace to you who were far off and peace to those who were near. ¹⁸ For through him we both have access in one Spirit to the Father. ¹⁹ So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, ²⁰ built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹ in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²² In him you also are being built together into a dwelling place for God by the Spirit.

Pray: Ask God to help you to live, breathe, and exist in alignment with the ways of heaven. Pray for God to give you a conviction towards a certain person, people group, or even country. Pray for the Holy Spirit to affirm the specific calling He has for you as we partner together as a church body.

Thurs 2/6 - We will Listen and Intercede

As we are unified in our belief and ready to obey and go, we must remember that **none of this is possible without God** breathing His life and power in and through us. It's unnatural for us to go to uncomfortable places, within our own hearts and within the context of our society.

In order for us to live lives according to His abundance of love for us, according to our seat in heaven, we need to ask God every step along the way to help us to do so. Through the gift of prayer, we are inviting the Holy Spirit to intercede for us. When we lack the knowledge of how to go forth, when we are afraid to combat the various situations that seem too difficult to conquer, when we see a friend or people in need - we can turn to God through prayer.

Read: 1 Timothy 2:1-6

² First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, ² for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. ³ This is good, and it is pleasing in the sight of God our Savior, ⁴ who desires all people to be saved and to come to the knowledge of the truth. ⁵ For there is one God, and there is one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all, which is the testimony given at the proper time.

Pray: Ask God to continue to help you to pray for things in His heart. Pray that He will supply the words you need to comfort a friend and to speak life into areas that are far from Him. Continue to pray and intercede for the person, people group, or country that God has convicted your heart.

Fri 2/7 - We Will Dream and Testify

If you watch nearly any movie or read any book, there's a motif that arises where the power to dream beyond one's circumstance can change the arc of a character. When we are unshakable in our faith, in the holiness of our calling, we can start envisioning what's on God's heart for us and His people. We aren't shackled by sin and shame, but we are given over to the freedom that Jesus offers.

In the freedom that was given, we can boast of the transformation that the sanctifying work of the Gospel has done within us. We can seek His wisdom and offer hope. We can wait and endure knowing that His plans are better for us. We can testify trusting that the glory is given back to the One who wrote the story in the first place.

Read: 2 Timothy 1:8-14

⁸ Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God, ⁹ who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, ¹⁰ and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, ¹¹ for which I was appointed a preacher and apostle and teacher, ¹² which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that day what has been entrusted to me. ¹³ Follow the pattern of the sound words that you have heard from me, in the faith and love that are in Christ Jesus. ¹⁴ By the Holy Spirit who dwells within us, guard the good deposit entrusted to you.

Pray: Pray and ask God to help you dream beyond your circumstance or sin. What would it be like to no longer be a

prisoner of fear/sin/shame/anxiety? Pray boldly that God will use you as a mouthpiece as you testify of His goodness to others. Pray for those whom you share life with - that they will get a glimpse of the Holy Spirit at work in your life and begin to seek a deeper relationship with God themselves.

Prayer Notes

Lined writing area for prayer notes, consisting of 25 horizontal dashed lines.

ONE DESIRE FAST 2025 HMCC AUSTIN

