tions, your words, and even your thoughts. Let love be your language and your posture. When you walk in love, you reflect Jesus more clearly.

Prayer Focus: Grow me in love.

Meal Plan: Whole grains; Vegetables; Kale Soup.

DAY 20 – LIVING ON MISSION

Reading: Matthew 28:18–20 | **Thought:** God calls you to impact others.

Growth always leads outward. God calls you not only to believe but to go - to influence, to encourage, to share, and to serve. You are part of God's mission on earth. Today, ask Him to show you someone who needs hope and someone who needs Christ. Let your life be a light pointing others to Him.

Prayer Focus: Use me.

Meal Plan: Fruit; Salad; Light dinner.

DAY 21 – RISE & GROW CELEBRATION

Reading: 2 Peter 3:18 | **Thought:** Celebrate what God has done.

Today is a spiritual milestone. Look back and see how God has stretched, strengthened, and settled you. Growth is not an event but a lifelong journey. Celebrate what God has done, write down what He has taught you, and commit to walking in this momentum. You are rising. You are growing. And God will continue the work He started in you.

Prayer Focus: Grow me continually.

Meal Plan: Healthy reintroduction.

Thoughts:

BETHANY MISSIONARY BAPTIST CHURCH

RISE & GROW

21 DAY FAST

JAN. 7 - JAN. 28

21-DAY RISE & GROW FAST

We believe that fasting truly changes the lives of those who choose to go on this spiritual journey. This is not for the faint of heart, but for those who are truly seeking all that God has in store for them. Fasting is a sacrifice and a discipline, both of which are keys to success in any area of life. We are believing that at the end of this time you will have experienced a new found level of closeness with God and felt His presence urging you to make adjustments in your life that may have previously been difficult. Before starting a fast, be sure to consult your physician if you have existing medical challenges.

The Fast will commence January 7th at 12:00am and conclude Wednesday, January 28th at 11:59pm. The Fast requires abstinence from fried food, junk food, sugar and strong drink.

Join Daily Devotions at 11:30am by dialing 727-731-1671 or visit our Social Media Sites.

Guideline for the Fast…

1. Fast as Spiritual Commitment

2. Be Specific about Sacrifices, Menus, Worship and Devotion Times

3. Reflect Inner Desire by Outer Discipline

that align with your calling. Ask Him today to reveal, refine, and activate what He has placed within you. The body of Christ needs what God has given you.

Prayer Focus: Reveal my gifts.

Meal Plan: Fruit; Zucchini Noodles with Pesto; Lentils & Veggies.

DAY 16 – DISCERNMENT & DIRECTION

Reading: Psalm 25 | **Thought:** Seek God's voice.

Discernment is the ability to sense God's leading in everyday decision. When your heart is surrendered, God's voice becomes clearer. He guides the humble and teaches the willing. Today, slow down and listen. Ask God to direct conversations, opportunities, and choices. He delights in ordering your steps.

Prayer Focus: Guide my steps.

Meal Plan: Oatmeal; Mediterranean Salad; Cabbage Soup

DAY 17 – BOLD OBEDIENCE

Reading: Joshua 1 | **Thought:** Growth requires courage.

Every step of spiritual growth requires courage. God told Joshua to be strong and courageous because his assignment was bigger than his fear. Similarly, your next level will require bold trust. Step forward even if you feel uncertain - God will meet you in motion, not hesitation. Bold obedience unlocks breakthrough.

Prayer Focus: Make me courageous.

Meal Plan: Smoothie; Veggie Stir Fry; Beans & Greens.

DAY 18 – SPIRITUAL AUTHORITY

Reading: Luke 10:17–20 | **Thought:** Walk in authority.

Jesus has given you authority over spiritual attacks, discouragement, and every force of darkness. You do not fight for victory - you fight from victory. Walk today with confidence in who you are in Christ. Declare His truth. Stand firm in His power. Authority is not arrogance, it is identity.

Prayer Focus: Awaken my authority.

Meal Plan: Fruit; Soup; Fish or plant protein.

DAY 19 – WALKING IN LOVE

Reading: 1 Corinthians 13 | **Thought:** Love is the measure of growth.

Love is the highest expression of spiritual maturity. Gifts may impress people, but love transforms them. Today, choose love in your interac-

obey the Spirit's leading.

Prayer Focus: Give me wisdom.

Meal Plan: Fruit; Lentils; Eggplant Lasagna

DAY 12 – PURITY OF HEART

Reading: Psalm 51 | **Thought:** Growth requires cleansing.

Growth requires honesty. God cannot heal what you hide, but He will always cleanse what you confess. David prayed for a clean heart because he knew that purity restores intimacy with God. Today, allow the Holy Spirit to search your heart. Let God wash away anything that dulls your spiritual sensitivity. He delights in making you new.

Prayer Focus: Create in me a clean heart.

Meal Plan: Oatmeal; Salad; Vegetarian Tortilla Soup.

DAY 13 – GROWING THROUGH TRIALS

Reading: 1 Peter 4:12–13 | **Thought:** Trials refine.

Trials are not signs of abandonment - they are signs of refinement. God uses fire to remove what weakens you and strengthen what remains. Your faith becomes more mature, more durable, and more powerful through adversity. Today, instead of asking "Why me?" ask "What are You building in me?" Joy comes from knowing that suffering leads to glory.

Prayer Focus: Strengthen me.

Meal Plan: Smoothie; Veggie Wrap; Meatless Chili.

DAY 14 – SABBATH GRACE

Reading: Exodus 20:8–11 | **Thought:** Rest is discipline.

Rest is a command because God knows your limits. A weary soul cannot grow. Today, pause and receive the gift of Sabbath. Let your mind settle, your body breathe, and your heart quiet before God. Resting is trusting - trusting that God works while you wait.

Prayer Focus: Teach me to rest.

Meal Plan: Light meals.

WEEK 3 – GROW IN PURPOSE (DAYS 15–21)

DAY 15 – DISCOVERING YOUR GIFTS

Reading: 1 Corinthians 12 | **Thought:** You are gifted for purpose.

You are uniquely designed with spiritual gifts that serve God's purpose. These gifts are not for spotlight but for service. God places gifts in you

WEEK 1 – RISE IN FAITH (DAYS 1–7)

DAY 1 – RETURN TO YOUR FIRST LOVE

Reading: Revelation 2:1–7 | **Thought:** Realignment. God calls you back to loving Him first.

When life becomes crowded, the heart can drift without us noticing. Jesus invites you back to the place where love was simple, pure, and joyful. Today is about remembering why you first said "yes" to Him - the peace He gave you, the grace that found you, and the hope that awakened you. Growth begins when your heart returns home to God. Slow down. Breathe. Let the Holy Spirit reignite passion where routine has crept in.

Prayer Focus: Lord, restore my love for You.

Meal Plan: Fruit; Salad & Protein; Lentil & Spinach Soup.

DAY 2 – THE POWER OF SURRENDER

Reading: Romans 12:1–2 | **Thought:** Surrender renews your mind.

Spiritual growth is impossible without surrender. Offering your life to God is not a loss - it is the doorway to transformation. As you release control, God reshapes your thinking and breaks patterns that have held you back. Surrender is not giving up; it is giving God room to work. Let today be the day you unclench your fists and say, "Lord, have Your way in me."

Prayer Focus: Transform my mind.

Meal Plan: Smoothie; Citrus Medley; Vegetable Stir Fry.

DAY 3 – STRENGTH IN WEAKNESS

Reading: 2 Corinthians 12:7–10 | **Thought:** God uses weakness for His strength.

Your weakness is not a liability to God - it is an invitation for His power. Sometimes God grows you not by removing the struggle but by strengthening you through it. His grace is not barely enough; it's more than enough. When you feel fragile, remind yourself that divine strength flows best through open cracks. Trust that every limitation you bring, God fills with His supernatural ability.

Prayer Focus: Be strong in me.

Meal Plan: Oatmeal; Chickpea & Cucumber Salad; Steamed Veggies.

DAY 4 – DEEP ROOTS

Reading: Psalm 1 | **Thought:** Growth comes by staying near God.

Growth thrives in the right environment. When you plant yourself near

God through prayer, Scripture, and worship, your soul becomes like a tree beside a river - steady, nourished, and fruitful. You may not grow overnight, but you will grow consistently. Today, choose rootedness over restlessness. Let God stabilize you so He can strengthen you.

Prayer Focus: Make me rooted.

Meal Plan: Fruit & Nuts; Soup & Salad; Roasted Sweet Potato Medley.

DAY 5 – RENEWED PURPOSE

Reading: Jeremiah 29:11–14 | **Thought:** God's plan goes beyond your season.

Purpose is not something you find - it's something God reveals as you seek Him. Even when life feels uncertain, God's plan remains intact. He invites you to search for Him with your whole heart, promising that clarity will follow pursuit. Today, ask God to show you where He is leading, and trust that every step - even confusing ones - are preparing you for His plans.

Prayer Focus: Show me Your plan.

Meal Plan: Juice; Soup & Salad; Fish & Veggies.

DAY 6 – SPIRITUAL CLARITY

Reading: Proverbs 3:5–6 | **Thought:** Trust brings clarity.

Clarity comes after trust, not before it. God often leads you one step at a time, not giving you the whole map but giving you Himself. Release the need to understand everything and lean fully on His wisdom. As you trust Him with today, He will straighten what feels crooked and simplify what feels complicated. Clarity is coming - walk by faith until your vision clears.

Prayer Focus: Make my path clear.

Meal Plan: Oatmeal; Veggie Wrap; Spicy Black Bean Taco.

DAY 7 – REST & REFLECTION

Reading: Matthew 11:28–30 | **Thought:** Rest is spiritual.

Rest is not laziness; it is worship. Jesus invites you to lay down the weight of the week and breathe in His peace. Growth requires space, stillness, and quiet moments with God. Today, pause and reflect on what He has been speaking to you. Celebrate small victories. Release lingering burdens. Allow His rest to restore your soul.

Prayer Focus: Refresh me.

Meal Plan: Light meals.

WEEK 2 – GROW IN GRACE (DAYS 8–14)

DAY 8 – GRACE FOR YOURSELF

Reading: Psalm 103 |**Thought:** Receive God's mercy.

Sometimes the hardest person to extend grace to is yourself. Yet God's grace toward you is extravagant, endless, and undeserved. He does not treat you according to your failures but according to His compassion. Stop replaying what God has already forgiven. Allow His mercy to cleanse your memory and calm your heart. Growth begins when you stop punishing yourself and receive His love.

Prayer Focus: Help me forgive myself.

Meal Plan: Smoothie; Lentils; Green Bean Almondine.

DAY 9 – GRACE FOR OTHERS

Reading: Matthew 18:21–35 | **Thought:** Release offense.

Unforgiveness is a weight that slows spiritual growth. When you release offense, you release yourself. Forgiving doesn't mean the hurt was small - it means God is great. Today, ask God for the strength to let go of bitterness and resentment. When you extend grace, you imitate the heart of Christ - and your soul becomes lighter.

Prayer Focus: Help me let go.

Meal Plan: Fruit; Soup & Salad; Veggie Chili.

DAY 10 – THE FRUIT OF THE SPIRIT

Reading: Galatians 5:16–26 | **Thought:** Fruit shows growth.

Spiritual fruit is not produced by trying harder but by walking closer with the Holy Spirit. Love, joy, peace, patience, and the rest are evidence of His work in you. Today, don't strive - surrender. Invite the Spirit to shape your responses, your words, your thoughts, and your attitude. Where He leads, fruit follows.

Prayer Focus: Produce fruit in me.

Meal Plan: Whole grains; Salad; Potato & Kale Soup.

DAY 11 – WALKING IN WISDOM

Reading: James 1 | **Thought:** Wisdom requires obedience.

Wisdom is more than information - it is divine direction applied to daily life. God invites you to ask freely, and He promises to give generously. Wisdom will protect you from unnecessary battles and guide you toward God's best. Approach today with open ears and a humble heart, ready to