



# Biblical Fasting: Drawing Near to God



Explore Biblical fasting through Scripture examples from Esther to Jesus. Understand its spiritual power to deepen your relationship with God.



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# Table of contents

<u>Introduction</u>	4
<u>Day 1: 📖 The Purpose of Fasting</u>	5
<u>Day 2: 🍽️ Esther's Courageous Fast</u>	11
<u>Day 3: ⌚ The Spirit-led Fast of Jesus</u>	17
<u>Day 4: 🙏 Fasting as Humble Dependence</u>	23
<u>Day 5: 🕊️ Fasting Invites God's Presence</u>	29
<u>Day 6: 📖 Fasting and God's Word</u>	35
<u>Day 7: 🕯️ Fasting for Spiritual Breakthrough</u>	41
<u>Day 8: ❤️ Fasting in Times of Repentance</u>	47
<u>Day 9: 🌍 Fasting for Nations and Leaders</u>	53
<u>Day 10: 💡 Fasting and Discernment</u>	59
<u>Day 11: 🙌 Fasting and Worship</u>	65
<u>Day 12: 🛡️ Fasting in Spiritual Warfare</u>	71
<u>Day 13: 🤝 Fasting and Generosity</u>	77
<u>Day 14: 🌱 Fasting and Renewal</u>	83
<u>Day 15: 🌟 Fasting for Joy and Strength</u>	89
<u>Day 16: 💬 Fasting and Effective Prayer</u>	95



Day 17:  <u>Fasting and Transformation</u>	101
Day 18:  <u>Fasting and Christlike Humility</u>	107
Day 19:  <u>Fasting Sparks Revival</u>	113
Day 20:  <u>Strengthening Spiritual Leadership Through Fasting</u>	119
Day 21:  <u>Celebrating God's Presence and Faithfulness</u>	125



## Introduction

**Welcome to this 21-day journey on Biblical fasting!** Fasting is a powerful spiritual discipline found throughout Scripture, used by God's people to draw near to Him, seek His guidance, and express dependence. From the courageous Queen Esther's fast that saved a nation, to Jesus' own 40-day fast in the wilderness, fasting reflects a heart posture of humility, repentance, and focused prayer.

In our fast-paced, distraction-filled culture, choosing to fast is an intentional step to silence the noise and clear space for God's voice, presence, and power. Yet fasting is not about legalism or earning favor; it is about relationship. It invites us to deny ourselves temporarily, to hunger for more of God's presence and wisdom.

Over the next 21 days, you will explore examples and teachings on fasting from Old and New Testaments, learning not only the practice but the reasons behind it. Each day provides Scripture readings, devotional reflections, personal questions, journaling prompts, and heartfelt prayers to help you engage deeply with God. Whether new to fasting or seeking refreshed understanding, this study will equip you to experience the transformation fasting brings as you draw nearer to God.

*May your heart be open, your spirit attentive, and your faith strengthened as you embark on this sacred discipline. 🙏*





# Day 1: The Purpose of Fasting



Day 1:  The Purpose of Fasting

## Your Verse

*Matthew 6:16-18 - "When you fast, do not look somber as the hypocrites do... your Father, who sees what is done in secret, will reward you."*

## Supporting Scriptures

- *Isaiah 58:6 - "Is not this the kind of fasting I have chosen... to loose the chains of injustice?"*
- *Joel 2:12 - "Even now,' declares the LORD, 'return to me with all your heart, with fasting... and weeping.'"*



# Devotional: Understanding the True Purpose of Fasting

Fasting is often misunderstood as only denying food, but Scripture reveals a deeper purpose. In *Matthew 6:16-18*, Jesus teaches that fasting is a private act of devotion, not for show. The focus is on sincere drawing near to God, not external appearances.

## Isaiah 58

As we begin, reflect on why you want to fast. Is it to seek God's presence, direction, or breakthrough? Fasting aligns our spirit with God's heart when done with the right attitude.



Day 1:  The Purpose of Fasting

## Reflect and Apply

1. What motivates you to seek fasting in your spiritual walk?

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2. How does Jesus' teaching challenge common perceptions of fasting?

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3. In what ways can fasting express justice and mercy in your life?

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Day 1:  The Purpose of Fasting

## Journaling Prompts

1. Write about your past experiences with fasting, if any.

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2. What are your goals and expectations for this 21-day study?

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3. List ways you hope fasting will draw you closer to God.

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Day 1:  The Purpose of Fasting

## Prayer for Today

**Lord, thank You for revealing the heart behind fasting.** Help me to fast with purity and humility, seeking Your face and Your justice above all. Teach me to fast in a way that honors You and draws me deeper into Your presence. May fasting transform my inner being and align me with Your will. In Jesus' name, Amen.   





## Day 2: Esther's Courageous Fast



## Day 2: 📖 Esther's Courageous Fast

## Your Verse

*Esther 4:16 – "Go, gather together all the Jews who are in Susa... and fast for me. Do not eat or drink for three days..."*

## Supporting Scriptures

- *Nehemiah 1:4 – "When I heard this, I sat down and wept... and fasted and prayed before the God of heaven."*
- *Daniel 9:3 – "So I turned to the Lord God and pleaded with him in prayer and fasting."*



## Devotional: Fasting as Preparation for Courage and Intervention

**Esther's story is a powerful example of fasting as preparation for bold action.** Faced with danger, Queen Esther calls for a three-day fast to seek God's favor before approaching the king. This fast was not just physical but deeply spiritual—a sign of dependence and unity among God's people.

*Her fast led to courage, divine intervention, and the salvation of her people.* Nehemiah and Daniel also fasted while interceding for their people, showing fasting's role in times of crisis and prayer.

Consider the strength and humility required to fast when facing uncertainty. Like Esther, your fasting can be a faith-filled offering that invites God's power into your situation.



## Day 2: 📖 Esther's Courageous Fast

## Reflect and Apply

1. What fears or challenges might God be calling you to face through fasting?

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2. How can fasting unite and strengthen your faith community or family?

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3. In what ways does fasting prepare your heart for God's intervention?

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## Day 2: 📖 Esther's Courageous Fast

# Journaling Prompts

1. Describe an area where you need God's courage and favor.

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2. Write a prayer asking God to use your fasting for His kingdom.

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3. Record any convictions or insights gained from Esther's example.

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Day 2: 🗨️ Esther's Courageous Fast

## Prayer for Today

**Father God, like Esther, I come before You with a humble heart.** Help me to surrender my fears and cling to Your strength. May my fasting be an act of faith that invites Your saving hand into my situation. Encourage me to step boldly as You lead. In Jesus' powerful name, Amen. 🙏👉👑







## Day 3: The Spirit-led Fast of Jesus



## Day 3: ⌚ The Spirit-led Fast of Jesus

## Your Verse

*Matthew 4:1-2 - "Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, He was hungry."*

## Supporting Scriptures

- *Luke 4:14 - "Jesus returned to Galilee in the power of the Spirit."*
- *Deuteronomy 8:3 - "Man does not live on bread alone but on every word that comes from the mouth of the LORD."*



# Devotional: Preparing for Spiritual Battle Through Fasting

**Jesus' 40-day fast in the wilderness marks a significant spiritual preparation for His public ministry.** Led by the Spirit, Jesus chose fasting to strengthen His resolve and reliance on God's word amidst temptation.

*His fast models the importance of dependence on God more than physical sustenance.* Deuteronomy 8:3 reminds us that true life comes from God's word, not just physical needs.

Consider how fasting can sharpen your spiritual senses and fortify you against temptation. Like Jesus, fasting prepares you for the path God has planned and increases your sensitivity to the Holy Spirit's leading.



## Reflect and Apply

1. How has fasting helped you resist temptation or distraction in the past?

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2. In what ways can fasting deepen your dependence on God's word?

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3. How might fasting prepare you for upcoming challenges or ministry?

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## Journaling Prompts

1. Reflect on times when God's word sustained you spiritually.

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2. Write about how you sense the Holy Spirit leading you today.

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3. List temptations or struggles you want God to help you overcome.

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Day 3: ⌚ The Spirit-led Fast of Jesus

## Prayer for Today

**Lord Jesus, as You fasted in the wilderness, teach me to rely fully on Your word and Spirit. Strengthen me to overcome temptation and follow Your path. Help me to find my true nourishment in Your promises. May my fasting prepare me for all You have called me to do. Amen.** 🙏💪📖





# Day 4: 🙏 Fasting as Humble Dependence



Day 4: 🙏 Fasting as Humble Dependence

## Your Verse

*Psalms 35:13 - "I humbled my soul with fasting... like the mourning for a son that dies."*

## Supporting Scriptures

- *Joel 2:13 - "Rend your heart and not your garments. Return to the LORD your God, for He is gracious and compassionate."*
- *Daniel 10:2-3 - "I ate no delicacies... no meat or wine touched my lips."*





Day 4: 🙏 Fasting as Humble Dependence

## Devotional: Embracing Humility Through Fasting

**Fasting reveals humility and a deep awareness of our need for God.** In Psalm 35, the psalmist demonstrates fasting as an expression of grief and earnest prayer.

*Joel urges believers to return to God with a contrite heart rather than mere external show.* Daniel's example of fasting underscores self-discipline and seeking God's favor during times of trial.

Reflect on how fasting humbles your soul, stripping away pride and self-sufficiency. It opens you to receive God's grace and compassion more fully.



Day 4: 🙏 Fasting as Humble Dependence

## Reflect and Apply

1. How does fasting help reveal your true spiritual condition?

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2. What pride or self-reliance might God want you to surrender?

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3. How can fasting foster a heart of grace and repentance?

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Day 4: 🙏 Fasting as Humble Dependence

## Journaling Prompts

1. Write about a time fasting humbled you before God.

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2. Identify attitudes or habits you want to surrender.

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3. Reflect on God's compassion you've experienced recently.

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Day 4: 🙏 Fasting as Humble Dependence

## Prayer for Today

**Gracious Father, I come before You in humility.** Teach me to fast with a sincere heart that acknowledges my need for You. Remove pride and help me to surrender fully. Thank You for Your compassion and mercy that meet me in my brokenness. In Jesus' name, Amen. 🙏❤️👉





# Day 5: 🕊️ Fasting Invites God's Presence



## Your Verse

*2 Chronicles 7:14 - "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven."*

## Supporting Scriptures

- *Acts 13:2-3 - "While they were worshiping the Lord and fasting, the Holy Spirit said... set apart for Me Barnabas and Saul."*
- *Ezra 8:23 - "So we fasted and petitioned our God about this... and He answered our prayer."*



# Devotional: Seeking God's Presence Through Fasting and Prayer

**Fasting creates space for God's powerful presence and guidance.** 2 Chronicles highlights that humility, prayer, and turning from sin bring God's attention and healing.

*In Acts, the early church fasted to seek God's leadership in missions, showing fasting's role in discerning His will.* Ezra's fast demonstrates how fasting accompanies earnest praying for protection and success.

Imagine the possibilities when your fasting calls forth God's presence. The Lord promises to hear and respond, renewing strength and direction for His people.



## Reflect and Apply

1. What areas of your life need God's healing or direction?

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2. How can fasting deepen your attitude of humility and repentance?

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3. In what ways might God be inviting you to experience His presence more fully?

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## Journaling Prompts

1. Write about a time you experienced God's presence during fasting or prayer.

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2. List areas where you desire God's guidance or breakthrough.

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3. Journal how you can cultivate daily humility and repentance.

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Day 5: 🙏 Fasting Invites God's Presence

## Prayer for Today

**Holy Spirit, draw me closer as I fast and seek Your face.** Help me to humble myself and turn from anything that hinders my relationship with You. I trust that You hear me and will lead me in Your perfect way. Prepare my heart to receive Your presence anew. Amen. 🙏🔥🌟





## Day 6: Fasting and God's Word



Day 6:  Fasting and God's Word

## Your Verse

*Jeremiah 36:6 - "Go and get a scroll and write on it all the words I have spoken to you..." and later fasting occurs among the people.*

## Supporting Scriptures

- *Psalm 69:10 - "When I wept and humbled my soul with fasting..."*
- *Matthew 4:4 - "Man shall not live on bread alone, but on every word that comes from the mouth of God."*




## Devotional: Letting God's Word Nourish Your Fast

**Fasting is deeply connected with hearing and obeying God's Word.** In Jeremiah's time, fasting was paired with responding to God's prophetic word amid crisis.

*The psalmist's fasting flowed from lament and devotion, showing how intimately fasting and Scripture shape the heart.* Jesus' declaration in the wilderness reminds us that spiritual nourishment comes before physical sustenance.

As you fast, invite God's Word to be your guide and sustenance. Let Scripture shape your fasting experience and reveal God's will for your life.



Day 6:  Fasting and God's Word

## Reflect and Apply

1. How can you incorporate Scripture more fully into your fasting times?

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2. What parts of God's Word comfort or challenge you today?

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3. How does fasting help you prioritize God's Word over physical needs?

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Day 6:  Fasting and God's Word

## Journaling Prompts

1. Write down Scriptures that inspire your fasting journey.

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2. Reflect on how God's Word has sustained you spiritually.

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3. Consider any changes God may be speaking to you through His Word.

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Day 6: 📖 Fasting and God's Word

## Prayer for Today

**Father, may Your Word be my light and sustenance during this fast. Teach me to hunger and thirst for Your truth above all else. Open my eyes and heart to Your voice as I seek You. Help me to obey Your commands and walk in Your ways. In Jesus' name, Amen.** 🙏 📖 ✨







# Day 7: Fasting for Spiritual Breakthrough



## Your Verse

*Acts 14:23 – "Paul and Barnabas appointed elders... with prayer and fasting."*

## Supporting Scriptures

- *Nehemiah 9:1 – "The Israelites separated themselves from all foreigners and stood and confessed their sins and the sins of their ancestors, and they fasted and wore sackcloth."*
- *2 Samuel 12:16 – "David plead with God for the child. Then he fasted and went into his house and spent the night."*



## Day 7: 📖 Fasting for Spiritual Breakthrough

## Devotional: Seeking God's Power for Breakthrough

**Fasting often accompanies seeking spiritual breakthrough and leadership wisdom.** Paul and Barnabas combined fasting with prayer when setting church elders, showing reliance on God's guidance.

*The people of Israel and King David fasted in repentance and intercession, seeking God's mercy and intervention.* Fasting clears distractions and draws God's attention in critical moments.

Reflect on barriers—personal or communal—that need breakthrough. Fasting invites God's power to move in these areas.



## Reflect and Apply

1. What spiritual breakthroughs do you desire in your life or community?

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2. How does fasting enhance your prayer life for these breakthroughs?

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3. What leadership decisions or directions might God want to guide you on?

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# Journaling Prompts

1. Identify an area where you sense God's breakthrough is needed.

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2. Write a prayer petition for clarity and empowerment.

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3. Reflect on how fasting helps you listen and submit to God.

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## Day 7: 🕯️ Fasting for Spiritual Breakthrough

## Prayer for Today

**Lord, I seek Your breakthrough and wisdom through fasting and prayer. Empower me to hear Your voice and follow Your leading. Pour out Your Spirit upon me and my community. May Your power accomplish what only You can do. In Jesus' mighty name, Amen.** 🙏🔥💡





# Day 8: Fasting in Times of Repentance



## Your Verse

*Jonah 3:5-10 - "The people of Nineveh believed God... proclaimed a fast, and put on sackcloth."*

## Supporting Scriptures

- *Esther 4:1 - "Mordecai tore his clothes... and he fasted and wept bitterly."*
- *Joel 1:14 - "Declare a holy fast; call a sacred assembly."*





## Devotional: Fasting as an Act of True Repentance

**Fasting is a powerful response when turning from sin and seeking God's mercy.** The people of Nineveh repented sincerely through fasting, leading to God's forgiveness.

*Esther and Mordecai fasted in urgency and sorrow, demonstrating fasting's role in confession and intercession.* Joel calls for solemn fasting and assembly in preparing for revival.

Examine your heart honestly. Are there areas needing repentance? Fasting opens us to God's cleansing and restoration.



## Reflect and Apply

1. How does fasting help expose sin and prompt repentance?

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2. What areas of your life or community need God's forgiveness?

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3. In what ways can fasting renew your commitment to holiness?

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# Journaling Prompts

1. Confess any burdens of guilt or brokenness you carry.

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2. Write a prayer asking for God's cleansing and renewal.

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3. Record how fasting changes your perspective on sin.

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Day 8: ❤️ Fasting in Times of Repentance

## Prayer for Today

**Merciful God, I come before You seeking forgiveness and healing.** Show me any hidden sin; cleanse my heart as I fast and pray. Restore me to right relationship with You and help me walk in Your ways. Thank You for Your gracious mercy. In Jesus' name, Amen. 🙏❤️👉





# Day 9: 🌍 Fasting for Nations and Leaders



## Your Verse

*2 Chronicles 20:3 - "Jehoshaphat proclaimed a fast for all Judah... they sought help from the LORD."*

## Supporting Scriptures

- *Ezra 8:21 - "I proclaimed a fast... that we might humble ourselves before our God."*
- *Daniel 9:20 - "While I was praying, Gabriel came to me..." linked with fasting prayers*



# Devotional: Interceding for Nations Through Fasting

**Throughout Scripture, fasting is used for interceding for entire nations and their leaders.** King Jehoshaphat called a national fast in the face of overwhelming enemies, resulting in God's miraculous intervention.

*Ezra's fast before a dangerous journey reflects dependence on God's protection.* Daniel's fasting accompanies deep prayer for his people's restoration, showing fasting's link to intercession.

Consider how fasting powers prayer beyond personal needs to embrace God's heart for nations and leaders.



## Reflect and Apply

1. What concerns do you have for your community or nation in prayer?

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2. How can fasting enhance your intercessory prayers for leaders?

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3. What role can you play in joining corporate fasting efforts?

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# Journaling Prompts

1. Write down specific prayer requests for your community or country.

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2. Reflect on God's promises for justice and peace.

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3. Journal your commitment to pray and fast for leadership.

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Day 9: 🌍 Fasting for Nations and Leaders

## Prayer for Today

God of nations, I lift up my leaders and country to You during this fast. Grant wisdom, justice, and peace. Stir courage and faith among Your people to pray fervently and fast humbly. May Your will be done on earth as in heaven. In Jesus' name, Amen. 🙏🌍👉





## Day 10: Fasting and Discernment



## Your Verse

*Acts 13:3 - "After they fasted and prayed, they placed their hands on them and sent them off."*

## Supporting Scriptures

- *1 Samuel 14:24 - "Saul sought guidance and said, 'Come here, all the people and fast today.'"*
- *Proverbs 3:5-6 - "Trust in the LORD with all your heart... He will make your paths straight."*



## Devotional: Enhancing Spiritual Discernment through Fasting

**Fasting sharpens spiritual discernment and clarity for decisions.** The early church fasted and prayed before commissioning leaders, showing fasting's role in seeking God's direction.

*Saul commanded a fast seeking God's guidance during battle.* Proverbs reminds us to trust God for straight paths, often revealed through disciplined seeking.

If facing decisions, fasting helps quiet worldly noise and tune your heart to God's voice, enabling wise choices aligned with His purposes.



## Reflect and Apply

1. What decisions or areas require God's guidance in your life?

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2. How can fasting help you better hear God's voice and direction?

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3. What distractions might fasting help you remove to focus on God?

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# Journaling Prompts

1. List current decisions where you need God's wisdom.

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2. Reflect on ways God has led you through prayer before.

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3. Write a prayer committing your choices to God's guidance.

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Day 10: 💡 Fasting and Discernment

## Prayer for Today

**Holy Spirit, lead me into all truth as I fast and seek Your wisdom.** Silence distractions, sharpen my discernment, and guide my decisions so they honor You. I trust You to make my paths straight. In Jesus' name, Amen. 🙏 🕯️ 📖







## Day 11: 🙌🙌 Fasting and Worship



Day 11: 🙏 Fasting and Worship

## Your Verse

*Ezra 8:21 - "We fasted and petitioned our God about this, and He answered our prayer."*

## Supporting Scriptures

- *Psalm 35:13 - "I humbled my soul with fasting."*
- *Luke 2:37 - "She never left the temple but worshiped night and day, fasting and praying."*



Day 11: 🙏 Fasting and Worship

## Devotional: Fasting as an Act of Worship and Devotion

**Fasting creates a sacred space for heartfelt worship and communion with God.** Ezra's fast was coupled with petitioning God, exemplifying worship through dependence.

*Psalm 35 speaks of humbling the soul in fasting as an expression of devotion.* Anna, the prophetess, devoted herself to worship with fasting and prayer, demonstrating the power of fasting to deepen spiritual intimacy.

Use your fasting today as an act of worship. Let your heart sing and your spirit bow in awe to God's holiness and love.



Day 11: 🙏 Fasting and Worship

## Reflect and Apply

1. How does fasting help you focus your heart on worship?

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2. In what ways can fasting renew your passion for God?

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3. How might worship during fasting change your spiritual perspective?

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Day 11: 🙏 Fasting and Worship

## Journaling Prompts

1. Describe times when fasting inspired deeper worship.

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2. Write out a prayer of praise and adoration for God.

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3. Reflect on ways to incorporate fasting into your worship habits.

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Day 11: 🙏 Fasting and Worship

## Prayer for Today

**Lord, may my fasting be an offering of worship pleasing to You. Draw me into deeper intimacy as I humble myself before You. Ignite my passion and renew my spirit. Thank You for Your nearness and love. In Jesus' name, Amen.** 🙏🎵





# Day 12: Fasting in Spiritual Warfare



## Your Verse

*Mark 9:29 - "This kind can come out only by prayer and fasting."*

## Supporting Scriptures

- *Ephesians 6:12 - "For our struggle is not against flesh and blood but against... spiritual forces of evil."*
- *Joel 2:15-16 - "Blow the trumpet in Zion, declare a holy fast... assemble the people."*





# Devotional: Using Fasting to Overcome Spiritual Challenges

**Fasting strengthens believers in spiritual battles against evil forces.** Jesus teaches that some challenges require both prayer and fasting to overcome.

*Ephesians reminds us our daily struggles are often spiritual, not physical.* Joel calls God's people to fast and assemble as part of spiritual warfare and revival.

Recognize fasting as a weapon in your spiritual armor to resist temptation, oppression, or strongholds that hinder your walk with God.



## Reflect and Apply

1. What spiritual battles are you currently facing?

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2. How can fasting empower your prayers in these battles?

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3. What steps can you take to engage fasting as part of spiritual warfare?

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## Journaling Prompts

1. Write about struggles where you need God's intervention.

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2. Reflect on spiritual strengths and weaknesses in your life.

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3. Journal your commitment to fast and pray for victory.

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Day 12: 🛡️ Fasting in Spiritual Warfare

## Prayer for Today

**Mighty God, I seek Your power in my spiritual battles.** Equip me with prayer and fasting to stand firm against evil. Strengthen my faith and break every stronghold. I trust You to fight for me. In Jesus' name, Amen. 🙏 🛡️ 🔥





## Day 13: 🙌 Fasting and Generosity



Day 13: 🍌 Fasting and Generosity

## Your Verse

*Isaiah 58:10-11 - "If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed... your reward will be great."*

## Supporting Scriptures

- *Matthew 6:3-4 - "When you give to the needy, do not let your left hand know what your right hand is doing."*
- *Acts 20:35 - "It is more blessed to give than to receive."*



# Devotional: Linking Fasting with Compassion and Giving

**True fasting expresses itself in generosity and caring for others.** Isaiah teaches that fasting coupled with meeting the needs of the vulnerable pleases God.

*Jesus emphasized giving quietly and humbly.* The apostles modeled generosity as a core Christian value.

Fasting clears self-interest and opens compassion for others. Consider how your fasting can lead to acts of kindness and charity, reflecting God's love.



## Reflect and Apply

1. How does fasting cultivate generosity in your heart?

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2. What opportunities do you have to help those in need today?

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3. In what ways can fasting lead to practical acts of love?

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## Journaling Prompts

1. List ways you can give time, resources, or encouragement this week.

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2. Write a prayer asking God to enlarge your heart for generosity.

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3. Reflect on how fasting has impacted your view of others.

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Day 13: 🙌 Fasting and Generosity

## Prayer for Today

**Generous God, thank You for showing me that fasting goes hand in hand with compassion.** Help me to serve and give quietly and joyfully, reflecting Your love to the world. Open my eyes to needs around me and move my heart to act. In Jesus' name, Amen. 🙏❤️🙌





## Day 14: Fasting and Renewal



Day 14: 🌿 Fasting and Renewal

## Your Verse

*Psalm 51:10 – "Create in me a pure heart, O God, and renew a steadfast spirit within me."*

## Supporting Scriptures

- *Lamentations 5:21 – "Restore us to Yourself, LORD, that we may return."*
- *Acts 3:19 – "Repent... so that times of refreshing may come from the Lord."*



Day 14: 🌿 Fasting and Renewal

## Devotional: Allowing God to Renew Your Spirit Through Fasting

**Fasting invites the renewing work of God in our hearts and spirits.** Psalm 51 is King David's plea for cleansing and steadfastness after sin.

*Lamentations and Acts call for repentance and restoration, promising refreshing from the Lord.* Through fasting, we open ourselves to God's transformative power.

Allow your fasting to be a time of deep renewal—of spirit, mind, and soul—embracing God's forgiveness and strength for new beginnings.



Day 14: 🌿 Fasting and Renewal

## Reflect and Apply

1. What areas of your life need God's renewing touch?

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2. How does fasting create space for spiritual refreshment?

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3. What renewal might God be inviting you into today?

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Day 14: 🌿 Fasting and Renewal

## Journaling Prompts

1. Write a prayer asking God to create a pure heart in you.

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2. Reflect on times you felt spiritually refreshed after fasting or prayer.

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3. Journal about your trust in God's restorative power.

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Day 14: 🌿 Fasting and Renewal

## Prayer for Today

**Lord, create in me a clean heart and renew a right spirit within me. Refresh my soul as I fast and seek You. Restore my joy and steadfastness. Help me to walk in Your ways all my days. In Jesus' name, Amen.** 🙏 🌿 💧







# Day 15: 🌻 Fasting for Joy and Strength



Day 15: 🌻 Fasting for Joy and Strength

## Your Verse

*Nehemiah 8:10 - "The joy of the LORD is your strength."*

## Supporting Scriptures

- *Isaiah 40:31 - "Those who hope in the LORD will renew their strength."*
- *Philippians 4:13 - "I can do all this through Him who gives me strength."*



Day 15: 🌻 Fasting for Joy and Strength

# Devotional: Finding Strength and Joy in God Through Fasting

**Fasting strengthens us, not only spiritually but emotionally, empowering joy and endurance.** Nehemiah reminds the people that God's joy fuels true strength amidst challenges.

*Isaiah and Paul reinforce that hope and reliance on Christ renew our power.* Fasting refocuses our energy on God's sustaining joy and grace.

Even as hunger may come physically, fasting teaches us to find an unshakable joy and strength from the Lord alone.



## Reflect and Apply

1. How does fasting reveal new strength in challenging times?

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2. What role does joy play in your spiritual endurance?

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3. How can joy from the Lord sustain you beyond fasting?

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Day 15: 🌻 Fasting for Joy and Strength

## Journaling Prompts

1. Write about moments when God's joy strengthened you.

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2. Reflect on how fasting is changing your perspective on hardship.

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3. Pray for ongoing joy and strength in your journey.

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Day 15: 🌞 Fasting for Joy and Strength

## Prayer for Today

**Father, fill me with Your joy that becomes my strength.** Renew my hope as I fast and seek Your face. Help me to rely on You for all I need. Let Your joy anchor me, today and always. In Jesus' name, Amen. 🙏 🌞 💪





# Day 16: Fasting and Effective Prayer



## Your Verse

*James 5:16 - "The prayer of a righteous person is powerful and effective."*

## Supporting Scriptures

- *Psalm 69:10 - "When I wept and humbled my soul with fasting..."*
- *Luke 2:37 - "She worshiped night and day, fasting and praying."*





# Devotional: Deepening Prayer Through the Discipline of Fasting

**Fasting strengthens the power and focus of our prayers.** James encourages believers that righteous prayers are effective, and fasting helps cultivate that righteousness by humbling ourselves.

*The psalmist links fasting to weeping and humility, enhancing prayer's sincerity. Anna's constant fasting and prayer represent devotion and persistence.*

Fasting clears distractions so your prayers can rise with pure heart and unwavering faith, increasing their impact in God's kingdom.



## Reflect and Apply

1. How does fasting shape your attitude and focus in prayer?

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2. What prayers do you sense God is inviting you to pray more fervently?

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3. How can fasting help you cultivate a lifestyle of prayer?

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## Journaling Prompts

1. Write about your current prayer life and areas for growth.

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2. List specific prayer requests you want to bring with fasting.

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3. Journal your commitment to pray with fasting regularly.

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Day 16: 💬 Fasting and Effective Prayer

## Prayer for Today

**Lord, help me to pray with a pure and focused heart as I fast.** Teach me to persevere in prayer and trust Your timing. May my fasting deepen my relationship with You and empower my prayers. In Jesus' name, Amen. 🙏💬

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# Day 17: Fasting and Transformation



Day 17:  Fasting and Transformation

## Your Verse

*Romans 12:2 - "Be transformed by the renewing of your mind."*

## Supporting Scriptures

- *2 Corinthians 5:17 - "If anyone is in Christ, the new creation has come."*
- *Ezekiel 36:26 - "I will give you a new heart and put a new spirit in you."*



# Devotional: Embracing God's Transforming Work Through Fasting

**Fasting is a catalyst for spiritual transformation.** Romans challenges believers to allow God to renew their minds and lives.

*Paul teaches that in Christ, believers become new creations, and Ezekiel promises a new heart and spirit.* Fasting helps break old patterns and invite God's renewing work.

Use this time of fasting to open yourself to change—letting go of past hurts and embracing God's new ways in your life.



## Reflect and Apply

1. What parts of your life need God's transforming power?

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2. How can fasting help you break free from old habits or mindsets?

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3. What does it mean to you to be a new creation in Christ?

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# Journaling Prompts

1. Identify areas where you want God's transformation.

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2. Write out a prayer surrendering your old ways to God.

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3. Reflect on how fasting has already started to change you.

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Day 17:  Fasting and Transformation

## Prayer for Today

**God, transform me by Your Spirit as I fast and seek You.** Renew my mind and heart to reflect Christ more clearly. Help me to live as Your new creation daily. Thank You for Your redeeming love. In Jesus' name, Amen.   





# Day 18: Fasting and Christlike Humility



Day 18:  Fasting and Christlike Humility

## Your Verse

*Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*

## Supporting Scriptures

- *Luke 18:9-14 - Parable of the Pharisee and the tax collector fasting*
- *Matthew 11:29 - "Learn from me, for I am gentle and humble in heart."*



Day 18:  Fasting and Christlike Humility

# Devotional: Cultivating Humility in Your Fasting Journey

**Fasting fosters Christlike humility, helping us to value others and depend on God.** Paul's letter to Philippi urges humility as essential for unity and love.

*Jesus' parable contrasts prideful fasting with humble repentance.* Jesus Himself exemplified humility, inviting us to learn from His gentle heart.

As you fast, consider how humility shapes your motives and relationships, making your fast pleasing to God.



## Reflect and Apply

1. Are there prideful tendencies fasting helps reveal and address in you?

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2. How can humility improve your relationships during this fast?

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3. What does it mean to humble yourself like Christ?

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Day 18:  Fasting and Christlike Humility

## Journaling Prompts

1. Write about areas where you struggle with pride.

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2. Reflect on ways to practice humility in daily life.

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3. Pray for a gentle and humble heart during fasting.

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Day 18: 🏹 Fasting and Christlike Humility

## Prayer for Today

**Jesus, teach me humility as I fast.** Help me to value others and depend fully on You. May my heart be gentle and my spirit humble, reflecting Your example. Mold me to be more like You each day. Amen. 🙏 🏹 ❤️







## Day 19: ✨ Fasting Sparks Revival



Day 19: ✨ Fasting Sparks Revival

## Your Verse

*2 Chronicles 20:3-4 - "Jehoshaphat proclaimed a fast for all Judah... they sought help from the LORD."*

## Supporting Scriptures

- *Acts 1:14 - "All joined together constantly in prayer, along with the women... and they all were filled with the Holy Spirit."*
- *Psalms 85:6 - "Will You not revive us again, that Your people may rejoice in You?"*



Day 19: ✨ Fasting Sparks Revival

# Devotional: Joining God's Work of Revival Through Fasting

**Fasting is deeply tied to personal and communal revival.** King Jehoshaphat's fast led the nation to seek God urgently and receive victory.

*Acts records the early church in unified prayer and fasting before Pentecost, ushering in the Spirit's outpouring.* Psalm 85 requests God's revival to restore joy and life.

Pray for revival as you fast—it begins with your heart turning fully to God and ignites changing power in communities.



## Reflect and Apply

1. How can your fasting contribute to revival in your church or community?

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2. What needs revival in your own heart?

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3. In what ways does fasting invite the Holy Spirit's power?

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# Journaling Prompts

1. Write a prayer asking for personal and communal revival.

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2. Reflect on signs of spiritual renewal you've witnessed.

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3. Commit to fasting as a step toward revival.

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Day 19: ✨ Fasting Sparks Revival

## Prayer for Today

**Reviving God, breathe new life into me and my community.** Stir our hearts through fasting and prayer to seek You fully. Pour out Your Spirit and ignite revival that brings joy and transformation. Amen. 🙏🔥🌿





# Day 20: Strengthening Spiritual Leadership Through Fasting



Day 20: 🐦 Strengthening Spiritual Leadership Through Fasting

## Your Verse

*1 Timothy 4:7-8 - "Train yourself to be godly... For physical training is of some value, but godliness has value for all things."*

## Supporting Scriptures

- *Acts 13:3 - "While they were worshiping the Lord and fasting, the Holy Spirit said... set apart Barnabas and Saul."*
- *Nehemiah 1:4 - "When I heard this, I sat down and wept... and fasted and prayed."*





Day 20: 🐦 Strengthening Spiritual Leadership Through Fasting

## Devotional: Preparing for Godly Leadership Through Fasting

**Fasting supports godliness and strength crucial for spiritual leadership.** Paul encourages Timothy to discipline himself spiritually for fruitful ministry.

*Early Christian leaders fasted to prepare for mission and ministry decisions.* Nehemiah's fast rose from heartache and responsibility for rebuilding.

If God is calling you to lead, fasting will sharpen your character, wisdom, and reliance on the Lord.



Day 20: 🙏 Strengthening Spiritual Leadership Through Fasting

## Reflect and Apply

1. What areas of leadership or influence has God entrusted to you?

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2. How can fasting encourage spiritual growth in your role?

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3. What challenges can fasting help you overcome as a leader?

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Day 20: 🙏 Strengthening Spiritual Leadership Through Fasting

## Journaling Prompts

1. Write about your leadership calling and its challenges.

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2. Reflect on spiritual disciplines supporting your effectiveness.

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3. Pray for strength and wisdom as you prepare through fasting.

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Day 20: 🙏 Strengthening Spiritual Leadership Through Fasting

## Prayer for Today

**Lord, help me to train myself in godliness through fasting and prayer.** Equip me to lead with humility, strength, and wisdom. May my fasting deepen my dependency on You and prepare me for all You call me to do. Amen. 🙏 🙏 📖





# Day 21: 🎉 Celebrating God's Presence and Faithfulness



Day 21: 🎉 Celebrating God's Presence and Faithfulness

## Your Verse

*Psalms 34:8 - "Taste and see that the LORD is good; blessed is the one who takes refuge in Him."*

## Supporting Scriptures

- *Lamentations 3:22-23 - "Because of the LORD's great love we are not consumed, for His compassions never fail. They are new every morning."*
- *Hebrews 12:28 - "Let us be grateful... and worship God acceptably with reverence and awe."*



Day 21: 🎉 Celebrating God's Presence and Faithfulness

## Devotional: Rejoicing in God's Faithfulness After Fasting

**As this 21-day fasting journey concludes, celebrate God's faithfulness and nearness. Psalm 34 invites us to rejoice in God's goodness and protection.**

*Lamentations reminds us daily of God's unfailing compassion and mercy.*  
Hebrews encourages worship with gratitude and reverence.

Reflect on the spiritual growth, renewed dependence, and greater intimacy with God fasting has brought. Celebrate His provision and continue nurturing this sacred discipline.



Day 21: 🎉 Celebrating God's Presence and Faithfulness

## Reflect and Apply

1. How has fasting changed your relationship with God?

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2. What blessings or insights have you received on this journey?

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3. How will you continue to seek God's presence beyond fasting?

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Day 21: 🎉 Celebrating God's Presence and Faithfulness

## Journaling Prompts

1. Write a prayer of thanksgiving for God's faithfulness during fasting.

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2. Reflect on the biggest takeaway or change in your heart.

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3. Plan practical ways to maintain spiritual disciplines moving forward.

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Day 21: 🎉 Celebrating God's Presence and Faithfulness

## Prayer for Today

**Gracious God, I praise You for Your unfailing love and faithfulness.** Thank You for meeting me during this fast and drawing me closer. May I continue to taste and see Your goodness all my days. Help me walk in gratitude, worship, and obedience. In Jesus' name, Amen. 🙏 🎉 ❤️





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