



# REBUILDING ALTARS



21 DAYS OF PRAYER AND FASTING  
JANUARY 5TH - JANUARY 25TH

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For many of us—and for Bethany Church as a whole—2025 was a hard season. We walked through challenges, changes, and moments that stretched our faith. Yet throughout Scripture, we see that God often does His greatest work in seasons of rebuilding. Altars in the Bible marked powerful encounters with God—places of surrender, repentance, worship, renewal, and fresh direction.

Our theme for this year's 21 Days of Prayer and Fasting is **Rebuilding Altars**. As we step into 2026, we believe God is calling us back to the altar—to rebuild what may have been neglected, restore what has been broken, and realign our hearts with Him.

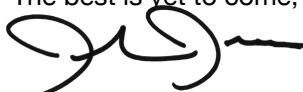
Here at Bethany, one of our values is Pray First. Before we do anything else, we seek the Lord for His guidance and wisdom. This season of prayer and fasting is not about routine or obligation—it is about positioning ourselves to hear from God and to follow Him faithfully, both personally and corporately.

I encourage you to fully engage in these 21 days. In this devotional, you will find a prayer guide, a fasting guide, and daily devotionals to walk you through this journey. I also invite you to tune in to our daily boosts on our website, social media, and email, and to join us during the week at one of our campuses for corporate prayer. Set aside time each day to seek the Lord, and participate in fasting as He leads you. There is great power when God's people come together with one heart and one voice, earnestly seeking Him.

My prayer is that these days will renew your faith, restore your hope, and deepen your walk with the Lord. I truly believe God has significant plans ahead for Bethany Church—and for you personally—as we begin this year by rebuilding the altar and prioritizing Him. If you have prayer requests or praise reports during these 21 days, please submit them through the BC Prayer page on our website.

Get ready to hear from God. Pray big prayers. Lean in close—and watch what God does.

The best is yet to come,

A handwritten signature in black ink, appearing to read "John James", with a stylized flourish at the end.

John James  
Senior Pastor Bethany Church

# DEVOTIONAL GUIDE

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## Day 1: Altar of New Beginnings (Noah)

**Key Scripture:** Genesis 8:15–22

After the flood, Noah's first recorded act was not building a home or planting a field—it was building an altar. This altar represented gratitude, obedience, and a fresh start with God after devastation. Noah acknowledged that survival was not accidental; it was the mercy of God that carried him through the storm. Altars often mark transitions, and this one marked the transition from judgment to promise.

God responded to Noah's altar with covenant assurance. The altar became a place where fear gave way to hope and uncertainty turned into divine promise. When we build altars after hardship, we remind ourselves that endings do not define us—God's faithfulness does.

**Further Reading:**

- OT: Lamentations 3:22–23
- NT: 2 Corinthians 5:17

**Reflection Question:**

What new beginning is God inviting you into after a difficult season?

**Prayer:**

Lord, thank You for Your mercy that carried me through the storm. I recognize that this new beginning is a gift from You. I offer this next season as an act of worship and trust, asking You to heal what remains and lead me forward with faith and hope. Amen.

**Application Step:**

Write down one area where you sense God offering you a fresh start and surrender it to Him today.

## Day 2: Altar of Covenant (Abraham)

**Key Scriptures:** Genesis 12:7; Genesis 15:17–18

Abraham built altars wherever God revealed Himself. These altars were not just acts of worship; they were markers of covenant. God promised land, descendants, and blessing—things Abraham could not yet see. The altar anchored Abraham's faith to God's word rather than his circumstances.

Covenant altars remind us that God binds Himself to His promises. Even when fulfillment seems delayed, the altar stands as a testimony that God is faithful and unchanging. Our obedience today often rests on promises that will unfold tomorrow.

### Further Reading:

- OT: Deuteronomy 7:9
- NT: Hebrews 6:13–15

### Reflection Question:

What promise from God are you holding onto right now?

### Prayer:

Faithful God, help me trust Your covenant even when I cannot see the outcome. Anchor my faith in Your promises, not my circumstances. Strengthen me in seasons of waiting, and remind me that You are always working, even in the delay. I place my hope in Your unchanging faithfulness. Amen.

### Application Step:

Speak one promise of God aloud today and thank Him in advance for its fulfillment.



## Day 3: Altar of Sovereignty (Elijah)

**Key Scripture:** 1 Kings 18:30–39

On Mount Carmel, Elijah did not begin by calling down fire—he began by repairing a broken altar. Israel’s greatest issue was not a lack of power from heaven, but a divided heart on earth. Their allegiance had been split between the Lord and false gods, and before God would reveal His power, the altar had to be restored.

Elijah rebuilt the altar stone by stone, calling the people back to covenant faithfulness. Only after obedience was established did the fire fall. The miracle was not meant to impress; it was meant to reveal who truly reigns. When the fire came, there was no doubt that the Lord alone is God.

This altar declared God’s sovereignty in a culture saturated with compromise. Rebuilding the altar of sovereignty means surrendering every divided loyalty and placing God back in His rightful place. When we declare that He alone reigns—above fear, culture, and compromise—we position our lives for His power to be revealed. Fire still follows obedience.

### Further Reading:

- OT: Deuteronomy 4:35
- NT: Colossians 1:16–18

### Reflection Question:

What competes with God for authority in your life?

### Prayer:

Lord, reign fully in my heart and restore every place where my devotion has been divided. Tear down every idol and remove anything that competes with Your authority in my life. Help me to surrender fully and obey You without compromise. Let my life and my choices clearly declare that You alone are God. Amen.

### Application Step:

Identify one distraction or idol and intentionally surrender it to God today.

## Day 4: Altar of Worship (Israel)

**Key Scriptures:** Exodus 27:1–2; Psalm 21:13

The altar in the tabernacle stood at the very center of Israel's worship life. Before the people could move deeper into God's presence, sacrifice and worship came first. This was no accident — God designed worship to be intentional, sacred, and continual. It reminded Israel daily that access to God begins with honoring Him for who He is.

Worship was never meant to be an afterthought or a response reserved only for moments of victory. It was foundational to the life of God's people. Through worship, they acknowledged God's holiness, sovereignty, and faithfulness, regardless of their circumstances.

True worship exalts God above what we see and feel. When we rebuild the altar of worship, our focus shifts from what we lack to who God is. Anxiety loosens, gratitude rises, and the soul is re-centered. At this altar, our hearts are realigned, and God is lifted to His rightful place of glory.

### Further Reading:

- OT: Psalm 95:6
- NT: John 4:23–24

### Reflection Question:

Is worship a priority or a convenience in your life?

### Prayer:

God, I choose to worship You not only for what You do, but for who You are. You alone are worthy of my praise, honor, and devotion. Restore joy, reverence, and consistency in my worship, and help me approach You with a sincere and grateful heart. Let my life continually lift You up and give You the glory You deserve. Amen.

### Application Step:

Set aside intentional time today for worship without distractions.



## Day 5: Altar of Decision (Jacob)

**Key Scripture:** Genesis 28:18–21

Jacob encountered God at Bethel in a moment of unexpected grace. Running from his past and uncertain about his future, he laid his head on a stone and fell asleep—only to awaken to a revelation of God’s presence and promise. In response, Jacob took the stone he had used as a pillow, set it up as an altar, and made a vow to the Lord. That altar marked a turning point in his life.

Up to this moment, Jacob had relied on manipulation and self-effort. But after encountering God, he chose commitment over control. The altar at Bethel symbolized a decisive shift—fear gave way to faith, and striving gave way to surrender. Jacob’s response showed that divine encounters are meant to shape how we live, not just how we feel.

Altars of decision call us to respond to God’s revelation with obedience. God often reveals Himself, but transformation happens when we choose to act. At this altar, we move from hearing God’s promises to walking in them, trusting that obedience is the doorway to lasting change.

### Further Reading:

- OT: Joshua 24:15
- NT: Romans 12:11

### Reflection Question:

What decision is God asking you to make in response to His presence?

### Prayer:

Lord, give me courage to choose obedience. I commit my ways to You today. Amen.

### Application Step:

Lord, give me the courage to choose obedience in response to Your presence. Help me lay down control, fear, and self-reliance, and trust You with my decisions and future. I commit my ways to You today, believing that Your path leads to life, transformation, and lasting change. Amen.

## Day 6: Altar of Service (Paul)

**Key Scripture:** Acts 20:24

Paul declared that his life meant nothing to him apart from finishing the race and completing the task the Lord Jesus had given him. He viewed his life as an offering—willingly poured out in service to Christ. Paul's altar was not made of stone, but of surrender. Every journey, hardship, and sacrifice flowed from a deep devotion to Jesus, not from obligation or duty.

Service for Paul was the natural outworking of love. Because he was fully devoted to Christ, serving others became a joyful response rather than a burden. His faithfulness was rooted in obedience, not recognition, and his motivation was eternal rather than personal.

An altar of service reminds us that our lives find their greatest meaning when they are given for God's purposes. True service is not measured by applause, but by faithfulness. When we place our lives on this altar, God uses even ordinary acts of obedience to accomplish extraordinary things for His glory.

### **Further Reading:**

- OT: Isaiah 6:8
- NT: Mark 10:45

### **Reflection Question:**

Where is God calling you to serve more faithfully?

### **Prayer:**

Jesus, I offer my life to You as an act of worship and service. Help me serve faithfully with humility, joy, and obedience, not for recognition but for Your glory. Use every part of my life—my time, gifts, and opportunities—to accomplish Your purposes and reflect Your love to others. Amen.

### **Application Step:**

Serve someone today with no expectation of recognition.

## Day 7: Altar of Praise (David)

**Key Scripture:** 2 Samuel 6:17–18

As David brought the ark back to Jerusalem, he praised God with abandon. He danced before the Lord, unconcerned with status or opinion, because he understood what the ark represented—the presence of God returning to the center of Israel. David’s altar was built on joy, gratitude, and reverence, not ritual alone.

Praise was David’s response to who God is, not just what God had done. And when the ark was set in place, David blessed the people. Praise didn’t end with him; it released blessing to others.

Praise still shifts the atmosphere today. When we rebuild this altar, heaviness lifts, perspective changes, and faith rises. Choosing praise—especially when it’s costly—invites God’s presence back to the center of our lives.

**Further Reading:**

- OT: Psalm 34:1
- NT: Hebrews 13:15

**Reflection Question:**

How freely do you express praise to God?

**Prayer:**

Lord, I praise You with my whole heart, rejoicing in who You are and in Your faithful presence in my life. Free me from fear, pride, or distraction that keeps my praise restrained. Let my worship be joyful, sincere, and centered on You alone. May my life continually reflect gratitude and joy, becoming an offering of praise that honors You and blesses others. Amen.

**Application Step:**

Verbally praise God today, regardless of how you feel.

## Day 8: Altar of Remembrance (Joshua)

### Key Scripture: Joshua 4:6–7

After God miraculously parted the Jordan River, Joshua instructed the people to take twelve stones from the riverbed and set them up as a memorial. These stones were not decorative—they were intentional. God knew that future generations would need a visible reminder of His faithfulness. When children asked, “What do these stones mean?” the story of God’s power and provision would be told again.

Altars of remembrance guard our hearts against forgetfulness. In moments of victory, it is easy to move forward and neglect to look back. But Joshua understood that tomorrow’s battles would require yesterday’s testimony. Remembering what God has already done becomes a foundation for trust when the road ahead feels uncertain.

Remembering fuels faith. When we recall how God made a way before, courage rises for what lies ahead. The same God who carried us through the Jordan is faithful to lead us into every promise still unfolding.

### Further Reading:

- OT: Psalm 77:11
- NT: Revelation 12:11

### Reflection Question:

What testimony do you need to remember today?

### Prayer:

Thank You, Lord, for every victory and deliverance You have given me. Help me remember the ways You have made a path where there was none and carried me through seasons I could not face alone. Guard my heart from forgetfulness, and let my testimony strengthen my faith and encourage others. May remembering Your faithfulness give me courage and trust for whatever lies ahead. Amen.

### Application Step:

Write down one testimony of God’s faithfulness.

## Day 9: Altar of Sacrifice (Living Sacrifice)

**Key Scripture:** Romans 12:1–2

Under the old covenant, altars were places where sacrifices were laid before God. In the New Testament, Paul reveals a holy shift—God now calls us to become the altar. True worship is no longer confined to a moment or a location; it is expressed through a life surrendered daily. Every choice, attitude, and obedience becomes an offering to Him.

This kind of sacrifice is living, ongoing, and intentional. It requires yielding our will, laying down comfort, and resisting the patterns of the world. Yet God never asks for surrender without purpose. When we offer ourselves fully to Him, He reshapes us from the inside out.

Sacrifice reshapes us. As we yield our bodies and our wills, God transforms our minds—renewing our thoughts, realigning our desires, and clarifying His will for our lives. What we place on the altar, God uses to bring transformation, freedom, and lasting worship.

### Further Reading:

- OT: Psalm 51:16–17
- NT: Galatians 2:20

### Reflection Question:

What part of your life needs to be fully surrendered?

### Prayer:

God, I place my life on the altar before You as an act of worship. I surrender my will, my desires, and my plans, asking You to shape me according to Your purpose. Renew my mind, transform my heart, and help me live in obedience each day. Use my life for Your glory, and let every part of me reflect a living sacrifice that honors You. Amen.

### Application Step:

Fast from one comfort today as an act of surrender.

## Day 10: Altar of Intercession (Abraham)

**Key Scripture:** Genesis 18:20–33

When God revealed His plans concerning Sodom, Abraham did not respond with silence or self-interest. Instead, he stepped into the gap. With humility and boldness, Abraham pleaded for the lives of others, appealing to God's justice and mercy. His intercession revealed a deep relationship—one that trusted God's character enough to ask, wrestle, and persist.

Abraham's prayer shows us that intercession is not about changing God's nature, but aligning our hearts with it. Each time Abraham asked, God listened. Mercy was at the center of the conversation. Intercession draws us close enough to God to feel what He feels and care about what He cares about.

Prayer still changes outcomes. When we stand in the gap for our families, our cities, and those far from God, we participate in His redemptive work. At the altar of intercession, our hearts are shaped by compassion, and we learn to reflect the mercy of a God who desires to save, not destroy.

### Further Reading:

- OT: Ezekiel 22:30
- NT: 1 Timothy 2:1

### Reflection Question:

Who is God calling you to intercede for?

### Prayer:

Lord, teach me to stand in the gap with love, humility, and persistence. Shape my heart to reflect Your mercy, and help me pray with faith for those who need Your grace. Give me compassion for others and the courage to intercede, trusting that You hear and respond. Let my prayers align with Your redemptive purposes and draw me closer to Your heart. Amen.

### Application Step:

Pray intentionally for one person or situation today.

## Day 11: Altar of Prayer (Solomon)

**Key Scriptures:** 1 Kings 8:22–30; Psalm 141:2

At the dedication of the temple, Solomon stood before the altar and lifted his hands toward heaven, openly acknowledging Israel's complete dependence on God. Though the temple was magnificent, Solomon understood that no building could contain the greatness of the Lord. What truly mattered was God's presence dwelling among His people—and prayer was the invitation.

Solomon's prayer was marked by humility, reverence, and expectancy. He asked God to hear from heaven whenever His people prayed toward that place. Prayer became the bridge between heaven and earth, a continual reminder that relationship with God is sustained through communication, not structure.

Prayer builds intimacy and opens heaven. Like incense rising before the Lord, our prayers draw us into His presence and align our hearts with His will. When we return to this altar, we discover that prayer is not just a request—it is communion with a God who desires to dwell closely with His people.

### Further Reading:

- OT: 2 Chronicles 7:14
- NT: Philippians 4:6

### Reflection Question:

How consistent is your prayer life?

### Prayer:

God, teach me to pray with sincerity, faith, and reverence before You. Help me approach You with humility, trusting that You hear from heaven and delight in communion with Your people. Draw me closer to Your presence, align my heart with Your will, and let my prayers rise before You as a pleasing offering. Amen.

### Application Step:

Set a specific daily prayer time.



## Day 12: Altar of Faithfulness (Isaac)

**Key Scriptures:** Genesis 26:24–25; Deuteronomy 7:9

In a season marked by conflict, uncertainty, and relocation, God appeared to Isaac and reaffirmed the promises first given to Abraham. Isaac's response was immediate and intentional—he built an altar and called on the name of the Lord. Rather than allowing changing circumstances to shake his confidence, Isaac chose to anchor his life in the faithfulness of God.

Isaac's altar was a declaration that God's covenant does not expire with time or shift with seasons. Faithfulness honors continuity—what God began in one generation, He is able to sustain in the next. Isaac trusted that the same God who had been faithful to his father would be faithful to him.

God remains faithful even when circumstances change. When we build this altar, we remind ourselves that His promises are secure, His word is trustworthy, and His covenant love endures. Choosing faithfulness in uncertain moments becomes our testimony that God never fails.

### Further Reading:

- OT: Psalm 89:8
- NT: 1 Corinthians 1:9

### Reflection Question:

Where do you need to remain faithful despite difficulty?

### Prayer:

Faithful God, help me trust You completely in every season of my life. When circumstances shift and uncertainty rises, anchor my heart in Your unchanging promises. Teach me to remain faithful and obedient, knowing that You never fail and Your covenant love endures forever. Amen.

### Application Step:

Commit to obedience in one challenging area.

## Day 13: Altar of Obedience (Moses)

**Key Scripture:** Exodus 24:4–7

After receiving the words of the Lord, Moses carefully wrote them down and built an altar at the foot of Mount Sinai. This altar was not merely symbolic—it was a public commitment to obey all that God had spoken. The people responded with one voice, declaring their willingness to follow the Lord's commands.

Obedience became the covenant response to God's revealed will. Moses understood that God's presence rests where His word is honored. Obedience is more than agreement; it is action rooted in trust. When the people committed themselves to follow God's law, they positioned themselves to walk closely with Him and experience His guidance and blessing.

Obedience invites God's presence. When we delay obedience, we limit our spiritual growth and dull our sensitivity to His voice. But when we respond promptly and wholeheartedly, we create space for God to work deeply in us. At the altar of obedience, surrender becomes the pathway to intimacy with God.

### Further Reading:

- OT: Deuteronomy 28:1
- NT: John 14:15

### Reflection Question:

What has God already asked you to obey?

### Prayer:

Lord, help me obey You without delay and with a willing heart. Give me the courage to act on what You have already spoken, trusting that Your commands lead to life and blessing. Teach me to honor Your word in both my actions and attitudes, and let my obedience draw me closer to Your presence each day. Amen.

### Application Step:

Act immediately on one instruction God has given you.

## Day 14: Altar of Forgiveness (Psalmist)

### Key Scripture: Psalm 130:3–4

The psalmist asks a sobering question: “If You, Lord, kept a record of sins, who could stand?” The answer is clear—no one. Yet the hope of the passage rests in this truth: “But with You there is forgiveness.” God’s forgiveness is not reluctant or scarce; it flows freely from His heart and restores broken relationship.

At the altar of forgiveness, mercy triumphs over judgment. God does not forgive to overlook sin, but to remove its power and draw us back into fellowship with Him. Forgiveness creates space for reverence, gratitude, and renewed intimacy with God. Forgiveness also frees both the giver and the receiver. When we receive God’s mercy, shame loosens its grip. When we extend forgiveness to others, bitterness loses its hold. Returning to this altar reminds us that we live by grace—and that grace, once received, is meant to be shared.

### Further Reading:

- OT: Isaiah 1:18
- NT: Ephesians 4:32

### Reflection Question:

Who do you need to forgive?

### Prayer:

God, thank You for Your mercy that covers my sin and restores my soul. I receive Your forgiveness with humility and gratitude, and I ask You to release me from shame and guilt. Help me extend the same grace to others, letting go of bitterness and choosing forgiveness as an act of obedience and love. May my life reflect the mercy I have received from You. Amen.

### Application Step:

Release forgiveness today through prayer.

## Day 15: Altar of Thanksgiving (Jesus)

**Key Scripture:** Matthew 26: 26–27

On the night before the cross, Jesus took bread and the cup—and He gave thanks. Knowing the suffering that lay ahead, He still chose gratitude. His thanksgiving was not rooted in circumstance, but in complete trust in the Father's plan. In that moment, gratitude became an act of faith.

Jesus shows us that thanksgiving is more than a response to blessing; it is a declaration of trust in the midst of trial. Giving thanks before the outcome is clear anchors our hearts in God's faithfulness rather than our fear.

Thanksgiving steadies faith when the path is difficult. When we choose gratitude in seasons of uncertainty, we align ourselves with heaven's perspective. At the altar of thanksgiving, we learn to trust God not only for what He has done, but for what He is still working out—even through the cross.

### Further Reading:

- OT: Psalm 107:1
- NT: 1 Thessalonians 5:18

### Reflection Question:

Can you thank God in advance?

### Prayer:

Jesus, I thank You in every season, trusting You even when the outcome is not yet clear. Help me choose gratitude not based on my circumstances, but on my confidence in the Father's faithfulness. Teach me to give thanks in advance, believing that You are working all things for good. Let thanksgiving anchor my heart in faith, hope, and trust in You. Amen.

### Application Step:

List three things you're grateful for today.

## Day 16: Altar of Healing (Hezekiah)

**Key Scripture:** 2 Kings 20:1–5

When Hezekiah was told that his illness would lead to death, he turned his face to the wall and prayed. His prayer was honest, personal, and humble—he poured out his heart before the Lord with tears. Hezekiah did not rely on position or past success; he relied completely on God’s mercy.

Before Isaiah had even left the courtyard, God responded. The Lord heard Hezekiah’s prayer, saw his tears, and promised healing. This moment reminds us that God is attentive to sincere prayer and that His power to heal did not end with the pages of Scripture.

Healing flows from humility and faith. When we come before God with honest hearts and trusting spirits, we open ourselves to His restoring work. At the altar of healing, we are reminded that God still sees, still hears, and still responds with compassion and power.

### Further Reading:

- OT: Psalm 103:2–3
- NT: James 5:14–15

### Reflection Question:

What healing do you need?

### Prayer:

Lord, I trust You as my healer and the restorer of my life. I bring my need before You with humility and faith, knowing that You see, You hear, and You care deeply. Touch every place that needs healing—body, mind, and heart—and help me rest in Your compassion and power. I place my hope in You, confident that nothing is beyond Your ability to heal. Amen.

### Application Step:

Pray boldly for healing today.

## Day 17: Altar of Restoration (Ezra)

### Key Scripture: Ezra 3:2–3

When the exiles returned to Jerusalem after years of captivity, the city lay in ruins and the temple was destroyed. Yet before rebuilding walls or restoring structures, the people rebuilt the altar. In the midst of fear and uncertainty, they chose to reestablish worship. Their first priority was not appearance or progress, but reconnection with God.

By rebuilding the altar first, Israel acknowledged that true restoration begins in God's presence. Worship prepared their hearts for the work ahead and reminded them that restoration is not merely physical—it is spiritual. God's favor and guidance flow where He is honored first.

Worship precedes restoration. When we return to God with surrendered hearts, He begins to restore what was lost—hope, identity, and purpose. At the altar of restoration, we learn that God rebuilds lives not from the outside in, but from the inside out.

### Further Reading:

- OT: Joel 2:25
- NT: Acts 3:19

### Reflection Question:

What needs restoring in your life?

### Prayer:

God, restore what has been broken in my life by Your grace and power. I return to You with a surrendered heart, choosing worship even in uncertainty. Renew my hope, rebuild what has been lost, and realign my life with Your purposes. Let Your presence bring healing and renewal as You restore me from the inside out. Amen.

### Application Step:

Return to a spiritual discipline you've neglected.

## Day 18: Altar of Community (Nehemiah)

**Key Scripture:** Nehemiah 8:1–3

After the walls of Jerusalem were rebuilt, the people gathered as one in the open square. Men, women, and children stood together as the Word of God was read aloud from morning until midday. Revival did not begin in isolation—it happened in community. Unity created space for God to speak and move among His people.

Nehemiah understood that spiritual renewal is strengthened when God’s people come together with shared hunger and purpose. As the Law was read and explained, hearts were stirred, understanding grew, and repentance followed. Community became the altar where God renewed covenant and identity.

God values unity. Faith grows stronger together as we worship, listen, and respond side by side. At the altar of community, we are reminded that we were never meant to walk with God alone—revival is sustained when faith is shared.

### Further Reading:

- OT: Ecclesiastes 4:9–10
- NT: Hebrews 10:24–25

### Reflection Question:

How connected are you to godly community?

### Prayer:

Lord, strengthen my relationships in faith and draw me into deeper godly community. Help me walk in unity, humility, and love with others as we seek You together. Create in us a shared hunger for Your Word and Your presence, and use our togetherness to bring growth, encouragement, and renewal. Let my life be both strengthened by others and a blessing to them. Amen.

### Application Step:

Encourage someone in your faith community today.



## Day 19: Altar of Truth (Jesus)

**Key Scripture:** John 8: 31-32

Jesus told His disciples that abiding in His word would reveal the truth—and that truth would bring freedom. Truth is not merely information to be known; it is a Person to be followed. Jesus Himself is the foundation of truth, and building our lives on Him leads to lasting freedom rather than temporary relief.

At the altar of truth, pretenses fall away. God's truth exposes what binds us, but it never does so to condemn—it heals, restores, and redirects. When we remain in Christ's word, our thinking is renewed and our hearts are aligned with what is real and eternal. Living in truth transforms lives. As we submit to Jesus' teachings, freedom replaces deception and light overcomes darkness. At this altar, we discover that truth is not restrictive—it is the pathway to wholeness, purpose, and genuine freedom.

**Further Reading:**

- OT: Psalm 119:160
- NT: John 14:6

**Reflection Question:**

Where do you need God's truth?

**Prayer:**

Jesus, lead me in Your truth and help me abide in Your word each day. Expose anything in my life that is rooted in deception, fear, or misunderstanding, and replace it with Your light and freedom. Renew my mind, align my heart with what is eternal, and guide my steps so that my life reflects the truth of who You are. Let Your truth bring healing, clarity, and lasting freedom in me. Amen.

**Application Step:**

Read Scripture to replace one lie with truth.

## Day 20: Altar of Hope (Paul)

**Key Scripture:** Romans 15:13

Paul's prayer reminds us that hope does not originate in circumstances, optimism, or human strength—it comes from God Himself. He is the source of all hope, able to fill His people even in seasons marked by uncertainty, suffering, or waiting. Biblical hope is not wishful thinking; it is confident expectation rooted in God's faithfulness.

Hope sustains believers through trials. When challenges press in, hope steadies the heart and keeps faith anchored in what God has promised rather than what is presently seen. It allows us to endure with assurance, trusting that God is still at work.

Through the Holy Spirit, God fills us with joy and peace as we believe. At the altar of hope, discouragement gives way to confidence, and weariness is met with renewed strength. As hope overflows, we are empowered to persevere and to reflect God's light to a world in need.

### Further Reading:

- OT: Jeremiah 29:11
- NT: Hebrews 6:19

### Reflection Question:

What are you hoping God will do?

### Prayer:

God, fill me with hope by Your Spirit, especially in moments when uncertainty feels heavy. Anchor my heart in Your promises and remind me that You are always at work, even when I cannot see it. Replace discouragement with joy and peace as I trust You, and let hope overflow within me, strengthening my faith and guiding me forward. Amen.

### Application Step:

Speak hope over a difficult situation.

## Day 21: Altar of Legacy (Timothy)

**Key Scripture:** 2 Timothy 1: 5–6

Paul reminds Timothy that his faith did not begin in isolation. It was first lived out in his grandmother Lois and his mother Eunice, then passed faithfully to him. Timothy's spiritual life was shaped by what he saw modeled before he ever stepped into leadership. His altar was built on a legacy of sincere faith.

Legacy faith is not accidental—it is cultivated through consistent example, prayer, and encouragement. Paul urges Timothy to “fan into flame” the gift of God within him, showing that inherited faith must become personal faith. What is received must also be stewarded and strengthened.

What we build today impacts generations. When we live out authentic faith, we lay stones others will stand on. At the altar of legacy, we are reminded that our obedience, worship, and perseverance today can ignite faith in those who come after us.

### Further Reading:

- OT: Psalm 145:4
- NT: Matthew 28:19–20

### Reflection Question:

What legacy of faith are you leaving?

### Prayer:

Lord, let my life inspire future generations to follow You with sincere and unwavering faith. Help me live out what I believe with consistency, humility, and love, so that others may see Your truth through my example. Strengthen the faith You have placed within me, and use my obedience today to build a legacy that honors You and draws others closer to You. Amen.

### Application Step:

Invest spiritually in someone younger in faith.

# Prayer & Fasting Guides

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## Prayer guide

Prayer is a key part of your daily practice for these 21 days. Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate.

Tips on prayer:

1. **HAVE A CERTAIN TIME:** Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.
2. **HAVE A CERTAIN PLACE:** Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.
3. **HAVE A CERTAIN PLAN:** As we pray every day, our plans for our prayer time can vary. Maybe it includes worship music, Bible reading, and quiet time to listen to God. Maybe we follow a prayer outline like The Lord's Prayer, the Prayer of Jabez, or the Tabernacle Prayer. Maybe we pray scripture. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

## Fasting guide

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. Do not let what you eat or do not eat become the focus of your fast. Your personal fast should present a level of challenge to it, but it's very important to know your own body and follow what the Holy Spirit leads you to do. Keep the main thing the main thing, which is drawing closer to God.

### Types of fasts:

**Complete Fast** - In this type of fast, you eliminate all solid foods and drink only liquids (typically water and light juices). Complete fasts should only be done after consulting with your doctor.

**Selective Fast** - This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you eat only fruits/vegetables and drink only water. Another example would be choosing to eliminate one or more specific types of foods from your diet (e.g. red meat, processed/fast food, sugar, etc.).

**Intermittent Fast** - This fast involves abstaining from eating any type of food for certain portions of the day. This can correlate to specific times of the day (such as from sunup to sundown) or specific meals. It is recommended that you eat a light meal(s) during the other portions of the day.

**Activity Fast** - This fast involves abstaining from a regular activity or habit, such as television, social media, news/talk radio, secular music, recreational shopping, secular books/magazines, etc. An activity fast can also be done in combination with any type of dietary fast.

### **A few final thoughts:**

- If you drink coffee regularly, one of the worst mistakes you can make is to cut it out abruptly and completely. Please don't do that or you will spend this time in withdrawal instead of enjoying God's presence.
- The length of your fast is up to you. You may choose to fast all 21 days or you may choose to fast several days out of the 21 day period. This is your personal decision and should be prayerfully considered as it applies to your circumstances. Also mixing things up a bit during the 21 days tends to work well for people. For example, you could do a Daniel fast for a week, then fast intermittently for a few days, followed by a complete fast for one day.
- Begin & break your fast well. Depending on the type of fast you choose, it is important to prepare your body ahead of time before beginning the fast. When your fast is over, add food(s) back in very gradually.
- Dietary fasts while pregnant or nursing are not recommended. If you are a pregnant or nursing mother, and would like to participate in the 21 day plan, we encourage you to consider an activity fast.
- If you have struggled with an eating disorder, remember that fasting is a tool used to get closer to God. If your method of fasting is going to cause you to obsess about what you eat in any way, reconsider the type of fast you choose and ask God to help change your approach & mindset.

- Make it a priority to attend church (either in-person or online) during the 21 days. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you mess up, don't get discouraged. Just get right back on track and keep going.





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