

CHRISTIAN TABERNACLE CHURCH PRESENTS

2026 **NEW
NORMAL**
We Don't Go Back - We Build Forward

21 **DAYS**

**PRAYER &
FASTING**

JANUARY 11 - FEBRUARY 01

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NEW NORMAL

21-Day Prayer & Fasting Devotional

January 12 – February 1

Theme Scripture: Romans 12:2 (NKJV)

“We Don’t Go Back—We Build Forward.”

Opening Letter from Pastor Dr. Kevin T. Hart Sr.

Beloved Christian Tabernacle family,

We are stepping into a **New Normal**, and I need you to hear this clearly: this season is not about hype—it's about **holy transformation**. God is calling us to more than a new calendar. He's calling us to a **new mind**, a new posture, a new level of obedience, and a new appetite for His will.

For the next 21 days, we are joining together in **prayer and fasting** because we are serious about making room for God to do deep work in us. Fasting doesn't force God to move—fasting positions *us* to hear, surrender, and obey. It quiets the noise, breaks the grip of the flesh, and helps us discern what is “good, acceptable, and perfect” in the will of God.

This fast is personal—but it's also communal. We are building a Christ culture at The Tab DC. We're not returning to old patterns, old wounds, old thinking, or old limits. **We don't go back—we build forward.**

I'm praying that God renews your mind, heals your heart, strengthens your discipline, and clarifies your assignment. Let's go into these 21 days believing God for spiritual reset, emotional healing, family restoration, and fresh direction.

With love and expectation,

Pastor Dr. Kevin T. Hart Sr.

Christian Tabernacle Church of God, Inc. (The Tab DC)

Daily Disciplines Guide for Safe Fasting

Before You Begin (Wisdom + Safety)

- If you are **pregnant, nursing, diabetic, have a medical condition, history of eating disorders, or take medications**, consult a medical professional before fasting.
- You can participate fully in the spirit of the fast through **modified fasting** (healthy and safe).

Choose Your Fast

1. **Daniel Fast (Recommended):** fruits, vegetables, water, whole foods; avoid sweets, fried foods, meat, dairy (as able).
2. **Sunrise to Sunset Fast:** water during the day, meal after sunset (or light soup/salad).
3. **Partial Fast:** one meal a day; or remove one category (sweets, soda, bread, social media, etc.).
4. **Media Fast (Highly Encouraged):** reduce social media/entertainment; replace with Word + worship.

Daily Rhythm

- **Morning (10–15 min):** Read scripture + prayer
- **Midday (2–5 min):** Whisper prayer + declaration
- **Evening (10–15 min):** Journal + gratitude + reset

What We Replace Food With

- Scripture reading
- Prayer
- Worship
- Journaling
- Serving / giving / reconciliation steps

WEEK 1: REFUSE CONFORMITY

(Romans 12:2a — “Do not be conformed...”) **Theme:** Break the mold. Come out of the pattern.

DAY 1 (Jan 12) — Mold Breaker

Scripture: Romans 12:2a

Devotional

Today starts with one command: **don’t be conformed**. That means the world has a mold, a pattern, a template—and it’s trying to press you into it without your permission. Culture doesn’t only influence what you wear; it tries to shape what you value, how you respond, what you believe you deserve, and what you think is possible.

And let’s be real: some of us have been conformed not by choice but by survival. You didn’t pick the mold—life handed it to you. You learned to be tough because softness wasn’t safe. You learned not to trust because disappointment kept showing up. You learned to accept less because you got tired of hoping.

But Romans 12:2 says your New Normal begins with a refusal. Not arrogance—**refusal**. You’re saying, “I won’t be shaped by pain. I won’t be shaped by trends. I won’t be shaped by fear. I’m going to be shaped by God.”

This fast is the moment you step out of the mold. You are not normalizing dysfunction anymore. You are not calling bondage “just how I am.” The Spirit is inviting you into something holy: a new way to think, a new way to live, a new way to respond.

Prayer

Lord, today I refuse every mold this world tried to press me into—fear, bitterness, people-pleasing, anxiety, lust, hopelessness, and survival thinking. Break patterns that have had power over my decisions. Give me the courage to be different, the strength to be disciplined, and the faith to believe You can re-shape my mind. I belong to You—so remake me. In Jesus’ name, Amen.

Reflection Questions

1. Where do I see “the world’s mold” shaping my thinking the most?
2. What have I been calling normal that God never authorized?
3. What is one pattern I’m refusing starting today?

Declaration

Today I refuse conformity. I belong to God, and my mind is coming out of the mold.

DAY 2 (Jan 13) — Unfollow the System

Scripture: Proverbs 4:23; Romans 12:2a

Devotional

The system is always preaching. It preaches through your feed, your fears, your friends, and your fatigue. It preaches a gospel of “get yours,” “stay guarded,” “don’t forgive,” “don’t rest,” and “never look weak.” And if you’re not careful, you’ll start believing that’s wisdom.

But today you’re fasting, which means you’re interrupting the signal. You’re telling your flesh, “You don’t lead today.” You’re telling culture, “You don’t define me.” You’re telling God, “Speak clearly—I’m listening.”

Unfollowing the system doesn’t mean you stop living in the world; it means the world stops living in you. You stop letting outside voices become inside beliefs. You guard your heart—because your mind is the gateway to your future. What you repeatedly consume eventually becomes what you confidently believe.

So today, we unfollow everything that’s been discipling us away from Christ. This is a spiritual detox. Your New Normal requires a new input.

Prayer

Father, I repent for letting culture disciple my mind. Cleanse my appetite for things that feed anxiety, lust, comparison, and fear. Give me the discipline to guard my heart and the wisdom to choose what strengthens my spirit. Today I unfollow the system and follow the Spirit. In Jesus’ name, Amen.

Reflection Questions

1. What voice has been loudest in my mind lately—God or the system?
2. What content drains my peace the most?
3. What can I replace it with during this fast?

Declaration

I unfollow the system. My mind is being disciplined by the Word.

DAY 3 (Jan 14) — Survival Isn't My Standard

Scripture: Romans 8:6

Devotional

Some of us don't realize how much survival shaped our spirituality. You learned to make it, not to heal. You learned to endure, not to enjoy. You learned to stay alive, not to live free.

But the mind set on the flesh is death—dead joy, dead peace, dead vision. Yet the mind set on the Spirit is life and peace. Meaning: you can have a full schedule and still be dying inside. You can be surrounded and still feel lonely. You can be moving and still be stuck.

God is not calling you to another year of barely making it. He's calling you into life—real life. And fasting is one of the ways we break the agreement with survival and step into spiritual thriving. Because survival always says, "Just get through." But the Spirit says, "Let Me heal you while you go through."

Prayer

God, deliver me from survival thinking. Heal the part of me that expects loss, braces for disappointment, and stays guarded even when You're trying to bless me. Teach me how to rest, trust, and live from the Spirit—not from fear. I receive life and peace today. In Jesus' name, Amen.

Reflection Questions

1. Where am I functioning in survival mode?
2. What would thriving look like spiritually, emotionally, and relationally?
3. What fear is the Spirit asking me to release?

Declaration

I am not stuck in survival. My mind is set on the Spirit—life and peace are my portion.

DAY 4 (Jan 15) — Pressure Won't Produce Purpose

Scripture: Galatians 1:10

Devotional

Conformity often comes dressed as “pressure.” Pressure to fit in. Pressure to keep everybody happy. Pressure to not be “too much” or “too spiritual.” Pressure to dim your light so you don’t offend insecure people.

But purpose cannot be produced by pressure. Because purpose is birthed by God’s will, not people’s approval. And Paul makes it clear: you can’t chase applause and serve Christ faithfully at the same time. Somebody will always have a problem with your growth. Somebody will always miss the version of you they could control.

This is a fast of freedom. Not just freedom from food—but freedom from the addiction to being liked. A renewed mind stops auditioning. You don’t have to perform when you’re already chosen.

Prayer

Lord, break the people-pleasing in me. Free me from fear of rejection and the need to be validated. I choose obedience over approval. Strengthen my backbone and steady my spirit. I will not be pressured out of purpose. In Jesus’ name, Amen.

Reflection Questions

1. Where do I feel pressure to conform most?
2. Who benefits from me staying the same?
3. What would obedience look like in that area this week?

Declaration

I choose alignment over applause. I will not be pressured out of purpose.

DAY 5 (Jan 16) — Different on Purpose

Scripture: 1 Peter 1:15–16

Devotional

Holiness isn’t about acting better than people—it’s about belonging to God fully. When God says, “Be holy,” He’s saying, “Be Mine.” Because if God owns your life, it will show in your choices, your speech, your relationships, and your boundaries.

The New Normal is not copying culture. It's living consecrated in a contaminated world. It's having standards without having arrogance. It's being set apart without being cut off. It's showing people there is another way to live—and it's better.

This fast is teaching your flesh that you are not owned by cravings. You're owned by Christ. And when you live that way, your life becomes a witness without you saying a word.

Prayer

Holy God, consecrate me again. Cleanse my motives, reset my boundaries, and strengthen my standards. Teach me to be holy in how I talk, how I spend, how I love, and how I respond. Let my life reflect You. In Jesus' name, Amen.

Reflection Questions

1. What area of my life needs consecration right now?
2. What boundary do I need to reinforce during this fast?
3. How can holiness show up in my daily routine?

Declaration

I am set apart, not stuck up. I belong to God, and my life will reflect it.

DAY 6 (Jan 17) — No More Normalizing

Scripture: Isaiah 5:20

Devotional

One of the most dangerous spiritual habits is when we start calling darkness normal. When dysfunction becomes familiar, we stop confronting it—we start adapting to it. But Isaiah warns: don't confuse good and evil. Don't rename bondage so you can live with it. A renewed mind calls things what they are. Not to shame you—but to free you. Because you can't heal what you keep renaming. You can't be delivered from what you keep defending. This fast is a truth fast. A clarity fast. A "no more excuses" fast.

God is raising your discernment. Some relationships aren't "complicated"—they're toxic. Some habits aren't "stress relief"—they're chains. Some patterns aren't "just me"—they're unhealed wounds.

Today, we stop normalizing.

Prayer

God, restore my discernment. Forgive me for adapting to things You've been trying to deliver me from. Give me courage to confront what's been comfortable but destructive. Teach me to love myself enough to live free. In Jesus' name, Amen.

Reflection Questions

1. What have I normalized that's actually harming me?
2. What lie have I been using to protect a pattern?
3. What step of truth do I need to take this week?

Declaration

I will not normalize dysfunction. I choose truth, and truth is bringing me freedom.

DAY 7 (Jan 18) — Reset My Filters

Scripture: Philippians 4:8

Devotional

If you don't choose your focus, the world will choose it for you. Philippians 4:8 is God's filter system: true, noble, just, pure, lovely, good report. That's not just a scripture—it's a mental diet.

Your mind has been eating too much fear. Too much chaos. Too much negativity. Too much comparison. Too much bad news with no good Word. And fasting is where we reset the filters.

Because you can't expect peace while feeding panic. You can't expect purity while consuming poison. You can't expect clarity while living distracted.

This week, God is renewing your mind through new focus. New input. New meditation. Your New Normal requires a new mental menu.

Prayer

Father, reset my focus. Teach me to think on what builds faith, strengthens hope, and grows love. Deliver me from mental clutter and anxious spirals. I receive peace as I renew my mind. In Jesus' name, Amen.

Reflection Questions

1. What thought pattern has been dominating my mind lately?
2. What do I need to remove from my “mental diet”?
3. What will I choose to meditate on instead?

Declaration

My mind has new filters. I think on what is true, and peace is increasing in me.

WEEK 2: BE TRANSFORMED

(Romans 12:2b — “Be transformed...”) **Theme:** God is changing you from the inside out.

DAY 8 (Jan 19) — Inside-Out Change

Scripture: 2 Corinthians 5:17

Devotional

You can change your environment and still carry the same inner patterns. That’s why God doesn’t start with your outside—He starts with your identity. If anyone is in Christ, new creation. That means you’re not who you were, and you’re not what you’ve been through.

Transformation is God working deeper than behavior. He changes what you desire. What you tolerate. What you chase. What you fear. The old you tried to cope. The new you learns to heal.

The fast is not just removing food—it’s removing the old self’s control. It’s you saying: “Lord, I don’t just want relief. I want renewal.”

Prayer

Jesus, thank You that I am a new creation. Transform me beyond habits—transform my heart, my motives, my desires, and my identity. Let the old ways lose their grip. I surrender to Your process. In Jesus’ name, Amen.

Reflection Questions

1. Where do I see “old me” trying to show up?

2. What new desire is God birthing in me?
3. What does transformation look like in my relationships?

Declaration

I am new in Christ. The old is losing its power, and transformation is working in me.

DAY 9 (Jan 20) — Truth Tells the Healing

Scripture: John 8:32

Devotional

Healing doesn't start with feelings—it starts with truth. Many people want freedom but don't want honesty. Yet Jesus says truth makes you free. Not the truth you hide—the truth you face.

Fasting creates quiet. Quiet exposes what we've been avoiding. It brings up the real: the fear, the pride, the insecurity, the anger, the grief. But that exposure is not condemnation—it's God's invitation to heal.

This is your day to stop lying to yourself. Stop minimizing what hurt. Stop pretending you're okay when you're bleeding internally. The truth is not here to embarrass you; it's here to emancipate you.

Prayer

Lord, I open my heart to truth. Expose what needs healing and uproot what has been hidden. I reject denial and receive deliverance. Heal me at the root—not just the surface. In Jesus' name, Amen.

Reflection Questions

1. What truth have I been avoiding?
2. What emotion keeps showing up when life gets quiet?
3. What would freedom look like in this area?

Declaration

I face truth with faith. Truth is healing me, and freedom is my future.

DAY 10 (Jan 21) — Unlearning What Hurt Me

Scripture: Psalm 147:3

Devotional

Pain trains people. It teaches you how to protect yourself, how to stay guarded, how to expect disappointment. But what pain trains, God can retrain. Psalm 147:3 says He heals broken hearts and binds wounds. That includes mental wounds.

Some of us are still reacting to things that happened years ago. Still bracing for betrayal. Still expecting the worst. Still driving through life like danger is everywhere. But God is saying: “You’re safe with Me. Let Me retrain your mind.”

Unlearning is spiritual warfare. It’s you rejecting trauma’s voice and receiving God’s truth. Today, you are not rehearsing old pain—you are receiving new patterns.

Prayer

Healer, touch my mind and heart today. I release fear-based thinking, defensive habits, and old emotional reflexes. Replace them with peace, confidence, and trust in You. Retrain me, Lord. In Jesus’ name, Amen.

Reflection Questions

1. What did pain teach me that God is correcting?
2. What “protective pattern” has become a prison?
3. How can I practice trust this week?

Declaration

I am unlearning what hurt me. God is retraining my mind and restoring my peace.

DAY 11 (Jan 22) — Metamorphosis

Scripture: Mark 9:2–3

Devotional

Jesus was transfigured—metamorphosis. That means what was inside showed up on the outside. That's what God wants for you: not performance, but transformation so real it becomes visible.

Some people are changing the image without changing the inner life. But the Holy Spirit changes you in a way no filter can fake. He changes tone. He changes appetite. He changes reactions. He changes how you love.

This fast is not about looking spiritual—it's about becoming spiritual. Your New Normal is when your inner life becomes strong enough to carry your outer assignment.

Prayer

God, transform me until it shows. Let my growth become visible in my fruit, my consistency, and my choices. Remove anything fake and form what is faithful. I surrender to Your refining. In Jesus' name, Amen.

Reflection Questions

1. What area of my life needs inward transformation—not outward management?
2. What fruit do I want God to grow in me?
3. What discipline will support my transformation?

Declaration

God is transforming me for real. My growth will show in my fruit.

DAY 12 (Jan 23) — Strong But Still Soft

Scripture: Ezekiel 36:26

Devotional

Some of us got strong because we had to. But strength without softness becomes hardness. Ezekiel 36:26 promises a new heart—removing stone and giving flesh. That's God saying: "I'm not just making you tough. I'm making you tender again."

A renewed mind doesn't mean you're weak. It means you're healed enough to be human again. You can have boundaries and still have compassion. You can have standards and still have love. You can be wise and still be open.

The New Normal is not emotional shutdown. It's Spirit-led stability.

Prayer

Father, remove hardness from my heart. Heal what made me guarded. Teach me to love again without losing wisdom. Make me tender, stable, and whole. In Jesus' name, Amen.

Reflection Questions

1. Where have I become emotionally hardened?
2. What does "soft with boundaries" look like for me?
3. Who do I need to forgive to stay free?

Declaration

My heart is healed. I am strong, stable, and still soft.

DAY 13 (Jan 24) — Deliver Me From Coping

Scripture: Matthew 11:28–30

Devotional

Some habits aren't about hunger—they're about pain. Some of what we eat, watch, buy, chase, or scroll is coping. But coping is not freedom. Jesus offers rest that heals, not rest that numbs.

Fasting exposes what we use to manage stress. And when it's exposed, God doesn't shame you—He invites you: "Come to Me." Not come to a distraction. Not come to a substance. Not come to an escape. Come to Me.

Your New Normal is learning to run to God first.

Prayer

Jesus, I bring You my burdens. Deliver me from unhealthy coping and teach me holy rest. Heal what I've been numbing. I receive Your peace and Your yoke. In Jesus' name, Amen.

Reflection Questions

1. What do I run to when I'm stressed?
2. What burden do I need to give Jesus today?
3. What does holy rest look like in my schedule?

Declaration

I run to Jesus first. I choose healing over hiding.

DAY 14 (Jan 25) — A New Way to Respond

Scripture: Proverbs 16:32

Devotional

Transformation shows up in response. The old you snapped back. The old you shut down. The old you held grudges. But Proverbs says self-control is strength. Not loud strength—quiet strength. The strength to pause, pray, and choose peace.

A renewed mind creates space between what happens and how you respond. And in that space, God gives you wisdom. This is why fasting matters—because fasting strengthens your inner governance.

New Normal: I don't react from wounds. I respond from wisdom.

Prayer

Holy Spirit, govern my emotions. Teach me to pause before I speak, pray before I decide, and choose peace over impulse. Make my responses reflect renewal. In Jesus' name, Amen.

Reflection Questions

1. What triggers my worst reactions?
2. What would a Spirit-led response look like today?
3. Who benefits when I stay emotionally unhealed?

Declaration

I respond with wisdom, not wounds. My self-control is my strength.

WEEK 3: RENEWED MIND / PROVING GOD'S WILL

(Romans 12:2c — “that you may prove...”) **Theme:** Clarity, discernment, alignment.

DAY 15 (Jan 26) — Clarity Comes With Renewal

Scripture: Proverbs 3:5–6

Devotional

Confusion is often a sign that too many voices have access to your mind. But when you trust the Lord and lean not on your understanding, He directs your path. That's what a renewed mind produces: direction.

This is one of the miracles of fasting: it quiets noise so you can hear God. And once you hear God clearly, you stop begging people for confirmation. You stop being driven by anxiety. You stop choosing out of fear.

Clarity is not just a gift—it's fruit from renewal.

Prayer

Father, I surrender my need to control outcomes. I trust You. Straighten my path, sharpen my hearing, and give me clarity in this season. I reject confusion and receive direction. In Jesus' name, Amen.

Reflection Questions

1. Where do I feel the most confusion right now?
2. What decision do I need God's guidance on?
3. What voice do I need to lower so God can be louder?

Declaration

Clarity is coming. God is directing my path, and confusion is leaving my mind.

DAY 16 (Jan 27) — Test It

Scripture: 1 John 4:1

Devotional

Not every open door is God. Not every “good opportunity” is a God assignment. John says test the spirits. A renewed mind doesn’t chase what shines—it tests what’s spiritual.

Some things come with quick pleasure but long regret. Some doors look like blessing but pull you away from peace. Fasting gives you discernment to recognize counterfeits.

Today you’re learning to ask: Does this align with God’s will, God’s Word, and God’s character?

Prayer

Lord, sharpen my discernment. Expose counterfeits and protect my destiny. Teach me to test every spirit, every door, and every invitation. I choose alignment over impulse. In Jesus’ name, Amen.

Reflection Questions

1. What decision do I need to “test” before saying yes?
2. What has looked good but felt wrong?
3. What does alignment look like for me right now?

Declaration

I test before I trust. I have discernment, and I will not be deceived.

DAY 17 (Jan 28) — Good, Acceptable, Perfect

Scripture: Romans 12:2

Devotional

Romans 12:2 teaches there are levels: good, acceptable, perfect. Some people live their whole life in “acceptable”—not sinful, just not aligned. Not broken, just not surrendered. Not off-track, just not fully committed.

But this fast is calling CTC higher. We're not settling for what's "fine." We're pursuing what's faithful. We're not accepting "close enough." We want God's best.

Renewed minds don't negotiate destiny—they submit to it.

Prayer

Father, I surrender every "acceptable" habit that blocks Your perfect will. Raise my standards and purify my desires. I want Your best, not my comfort. In Jesus' name, Amen.

Reflection Questions

1. Where have I been living in "acceptable" instead of "perfect"?
2. What comfort is competing with my calling?
3. What surrender step is God asking of me?

Declaration

I will not settle. I choose God's best—good, acceptable, and perfect will.

DAY 18 (Jan 29) — The Word Leads Me

Scripture: Psalm 119:105

Devotional

When the Word becomes your light, you stop stumbling in dark seasons. Some of us have been trying to make decisions without Scripture—then calling anxiety "discernment." But God's Word gives steady guidance.

A renewed mind is Word-governed. That means Scripture isn't just quoted—it's consulted. Not just posted—it's practiced. And the more you live by the Word, the more your life stays lit.

This fast is not just prayer—it's Scripture alignment.

Prayer

Lord, let Your Word be my lamp and my light. Lead me out of emotional decisions and into spiritual wisdom. Give me hunger for Scripture and courage to obey it. In Jesus' name, Amen.

Reflection Questions

1. What area of my life needs the Word's guidance?
2. What scripture do I need to meditate on daily?
3. How can I practice the Word today—not just read it?

Declaration

The Word leads me. My steps are ordered, my path is lit, and my mind is renewed.

DAY 19 (Jan 30) — Fruit Is the Evidence

Scripture: Galatians 5:22–23

Devotional

A renewed mind produces fruit. Not hype. Not noise. Fruit. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. That's the evidence.

This fast isn't just about what you're avoiding; it's about what you're growing. God wants to cultivate fruit that lasts past February 1. Fruit in how you talk. Fruit in how you handle stress. Fruit in how you treat your family. Fruit in how you respond when you're provoked.

When the Spirit is leading, the fruit is showing.

Prayer

Holy Spirit, grow Your fruit in me. Replace irritability with patience, fear with peace, selfishness with love, and inconsistency with self-control. Make my life an orchard of Your presence. In Jesus' name, Amen.

Reflection Questions

1. Which fruit do I need most right now?
2. What situation reveals my lack of fruit?
3. What habit would help me grow spiritually?

Declaration

My fruit is growing. The Spirit is changing me, and the evidence will show.

DAY 20 (Jan 31) — Alignment Over Applause

Scripture: Colossians 3:23–24

Devotional

Renewed minds stop living for claps. You work heartily as unto the Lord. That means you don't need a shoutout to stay faithful. You don't need recognition to stay committed. You don't need validation to obey.

This is a critical part of the New Normal: you're not performing—you're serving. Your reward isn't always immediate, but it is guaranteed. God sees the secret places. He honors the hidden yes. He blesses the consistent servant.

Today, you're building a life God can trust.

Prayer

Lord, deliver me from performance. Anchor me in obedience. Teach me to serve with a pure heart, to give without needing credit, and to obey without needing applause. I live for Your smile. In Jesus' name, Amen.

Reflection Questions

1. Where do I crave validation the most?
2. What would I do differently if I was only trying to please God?
3. What "hidden faithfulness" is God calling me to?

Declaration

I choose alignment over applause. God sees me, God rewards me, and I will stay faithful.

DAY 21 (Feb 1) — New Normal Activation

Scripture: Romans 12:1–2

Devotional

You made it. But this is not the end—it's activation. Romans 12 starts with surrender: present your body a living sacrifice. Then it moves to renewal: don't be conformed, be transformed, renew your mind. That means the fast isn't a pause—it's a launch.

Now you build forward. You don't go back to the same inputs, the same cycles, the same emotional reflexes, the same spiritual laziness. You carry discipline into February. You carry clarity into your decisions. You carry renewed thinking into your relationships.

God didn't bring you through 21 days to give you a moment. He brought you through to give you momentum.

Write it down today: what is your New Normal? What are your renewed commitments? What mold are you refusing? What fruit are you growing? What will you protect?

Prayer

Father, seal this work. Let it not fade. Let it not become a memory. Let it become my lifestyle. I present my mind, my habits, my body, my appetite, and my future to You. Keep me disciplined. Keep me hungry. Keep me aligned. In Jesus' name, Amen.

Reflection Questions

1. What has God revealed about my thinking during this fast?
2. What three commitments will define my New Normal?
3. What boundary must I keep to protect what God has done?

Declaration

This is my New Normal. I will not go back—I will build forward in the will of God.