



# SEEK FIRST

*Devotional*



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## 21 DAYS OF PRAYER & FASTING



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# ABOUT THIS

## Devotional

Prayer is not meant to be our last resort, but our first response. This 21-day prayer devotional is designed to help individuals and families intentionally realign their lives around what matters most: **God and His Kingdom**. Jesus reminds us in Matthew 6:33, “*But seek first the kingdom of God and His righteousness, and all these things will be added to you.*” These words call us to shift our priorities, perspectives, and pursuits so that God is no longer one part of our lives, but the very center of them.

Over the next 3 weeks, this devotional will guide you through a spiritual progression rooted in that truth.

- Week 1 focuses on making God a priority, confronting distractions, misplaced dependence, and divided hearts.
- Week 2 centers on being in God’s presence, cultivating daily rhythms of prayer, listening, and surrender.
- Week 3 leads us into experiencing God’s power, as we learn to pray bold, faith-filled prayers that trust God to move in major ways.

This devotional is for all ages and will follow this daily structure:

- **Scripture Reading:** 1-2 verses or passages to guide the devotional.
- **Prayer Focus:** A guided prayer prompt.
- **Discussion Questions:** Thought provoking questions to discuss with family, friends, or a small group.
- **Activity:** A quick, interactive activity or discussion to reinforce the theme with yourself, your family, or small group.
- **Challenge:** An easy weekly action to take to draw closer to God.
- **Journal Prompts:** Reflective questions for your personal time with God to pray, journal, and take notes of your thoughts.

As you commit these next 21 days to prayer, may your perspective shift, your faith deepen, and your life be shaped by God’s presence and power.

# DAILY Checklist

## **Week 1: Prayer Makes God a Priority**

- Day 1: Making God Our Highest Priority
- Day 2: Prayer as Our First Response
- Day 3: Intentional Faith-Filled Prayer
- Day 4: Trusting God Over Ourselves
- Day 5: Surrender as Worship
- Day 6: Depending on God Every Day
- Day 7: Choosing God Again and Again

## **Week 2: Prayer Ushers Us into God's Presence**

- Day 8: Intimacy With God
- Day 9: Remaining With God
- Day 10: A Heart Ready for God
- Day 11: Reverence in God's Presence
- Day 12: Listening Prayer
- Day 13: God's Presence Brings Renewal
- Day 14: Living Aware of God's Presence

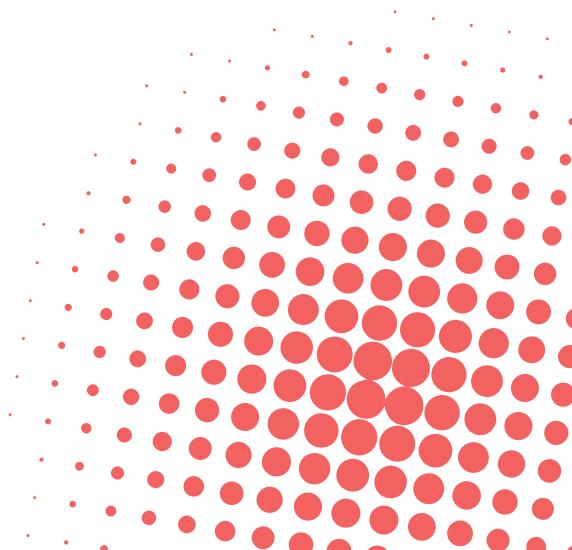
## **Week 3: Prayer Allows Us to Experience God's Power**

- Day 15: Focused, Faithful Prayer
- Day 16: Don't Give Up
- Day 17: Power Through Praying for Others
- Day 18: Worship as Spiritual Breakthrough
- Day 19: Power of Words
- Day 20: Walking in God's Blessing
- Day 21: Living a Life of Power and Faith

## **Prayer, Fasting, and Devotional Reflections**

### **Fasting Options (choose one)**

- Daniel Fast
- Sugar Fast
- Digital Fast



# OUR MISSION

To love God & all people while

*Preparing*

**EVERYONE**

**TO BOLDLY**

*Follow Christ*

# WEEK 1: PRIORITY

**Goal:** To reorder our lives so that **God is first**, prayer is primary, and dependence on Him is intentional, not reactive.

## DAY 1 - MAKING GOD OUR HIGHEST PRIORITY

- **SCRIPTURE READING:** Matthew 6:33; Proverbs 3:6
- **PRAYER FOCUS:** God, we choose You first today. Order our lives around Your kingdom. Amen.
- **DISCUSSION QUESTIONS:**
  - What does it mean to put God first?
  - What competes for God's place in our lives?
- **ACTIVITY:** Create a “priority list” and circle God at the top.
- **CHALLENGE:** Pray before doing anything else today.
- **JOURNAL PROMPTS:**
  - *Individual:* What distracts me from putting God first?
  - *Family or Group:* How can we prioritize God together?

## NOTES

## DAY 2 - PRAYER IS OUR FIRST RESPONSE

- **SCRIPTURE READING:** 1 Thessalonians 5:17; Psalm 127:1
- **PRAYER FOCUS:** Lord, teach us to come to You first in all things. Amen.
- **DISCUSSION QUESTIONS:**
  - Why do we often pray last?
  - How does praying first show trust?
- **ACTIVITY:** Start the day with a short prayer using today's Scripture Reading.
- **CHALLENGE:** Pause and pray before every decision today.
- **JOURNAL PROMPTS:**
  - *Individual:* When do I forget to pray first?
  - *Family or Group:* How can prayer become our first instinct?

## NOTES

# WEEK 1: PRIORITY

**Goal:** To reorder our lives so that **God is first**, prayer is primary, and dependence on Him is intentional, not reactive.

## DAY 3 - INTENTIONAL FAITH-FILLED PRAYER

- **SCRIPTURE READING:** Hebrews 11:6
- **PRAYER FOCUS:** God, we step into faith today, trusting You fully. Amen.
- **DISCUSSION QUESTIONS:**
  - Why does God respond to faith?
  - What prayer needs bold faith?
- **ACTIVITY:** Draw a circle and write a faith-filled prayer inside it representing your prayer being next to God in the center.
- **CHALLENGE:** Pray one bold prayer you've been avoiding.
- **JOURNAL PROMPTS:**
  - *Individual:* What step of faith is God asking of me?
  - *Family or Group:* What are we trusting God for together?

## NOTES

## DAY 4 - TRUSTING GOD OVER OURSELVES

- **SCRIPTURE READING:** Ephesians 3:20; Jeremiah 32:27
- **PRAYER FOCUS:** Nothing is too hard for You, Lord. We trust You. Amen.
- **DISCUSSION QUESTIONS:**
  - What feels impossible right now?
  - Why does God want our dependence?
- **ACTIVITY:** Write what you may consider “impossible” prayers on paper and pray over them.
- **CHALLENGE:** Thank God today for future answers.
- **JOURNAL PROMPTS:**
  - *Individual:* Where do I rely on myself instead of God?
  - *Family or Group:* Where do we need to trust God more?

## NOTES

# WEEK 1: PRIORITY

**Goal:** To reorder our lives so that **God is first**, prayer is primary, and dependence on Him is intentional, not reactive.

## DAY 5 - SURRENDER AS WORSHIP

- **SCRIPTURE READING:** Romans 12:1; Luke 9:23
- **PRAYER FOCUS:** God, we lay our lives before You. Lead us. Amen.
- **DISCUSSION QUESTIONS:**
  - What does surrender look like daily?
  - Why does surrender honor God?
- **ACTIVITY:** Release control of one area to God that has a grip on you.
- **CHALLENGE:** Pray one bold prayer you've been avoiding.
- **JOURNAL PROMPTS:**
  - *Individual:* What am I holding too tightly?
  - *Family or Group:* What do we need to surrender together?

## NOTES

## DAY 6 - DEPENDING ON GOD EVERY DAY

- **SCRIPTURE READING:** Matthew 6:11; Lamentations 3:22-23
- **PRAYER FOCUS:** Thank You, God, for meeting our needs. Amen.
- **DISCUSSION QUESTIONS:**
  - Why does God want daily dependence?
  - What happens when we rely on ourselves?
- **ACTIVITY:** Make a list of everything God has provided to you over the past 24 hours.
- **CHALLENGE:** Begin each meal with a gratitude prayer today.
- **JOURNAL PROMPTS:**
  - *Individual:* Where do I need daily trust?
  - *Family or Group:* How has God provided for us?

## NOTES

# WEEK 1: PRIORITY

**Goal:** To reorder our lives so that **God is first**, prayer is primary, and dependence on Him is intentional, not reactive.

## DAY 7 - CHOOSING GOD AGAIN AND AGAIN

- **SCRIPTURE READING:** Deuteronomy 30:19–20; Psalm 73:28
- **PRAYER FOCUS:** Lord, we choose You today and always. Amen.
- **DISCUSSION QUESTIONS:**
  - Why must we choose God daily?
  - What helps us remain faithful?
- **ACTIVITY:** Declare as a family: “We choose the Lord.”
- **CHALLENGE:** Recommit your time to God this week.
- **JOURNAL PROMPTS:**
  - *Individual:* What choice honors God today?
  - *Family or Group:* How can we protect our priorities?

## NOTES

# WEEK 2: PRESENCE

**Goal:** To slow down, become spiritually aware, and cultivate **intimacy with God**, not just answers from Him.

## DAY 8 - INTIMACY WITH GOD

- **SCRIPTURE READING:** James 4:8; Psalm 16:11; Revelation 8:1
- **PRAYER FOCUS:** God, we draw near to You today. Amen.
- **DISCUSSION QUESTIONS:**
  - What does it mean to draw near to God?
  - How do we experience His presence?
- **ACTIVITY:** Spend five quiet minutes alone or together in silence.
- **CHALLENGE:** Set aside time each day for a quiet moment.
- **JOURNAL PROMPTS:**
  - *Individual:* What helps me feel close to God?
  - *Family or Group:* How can we make space for God's presence?

## NOTES

## DAY 9 - REMAINING WITH GOD

- **SCRIPTURE READING:** John 15:5; Psalm 91:1
- **PRAYER FOCUS:** Jesus, help us remain in You. Amen.
- **DISCUSSION QUESTIONS:**
  - What does it mean to abide?
  - What pulls us away from God?
- **ACTIVITY:** Ask God, "What do you want to tell me," then sit quietly and listen. Be observant as God may respond through a thought, person, place, or thing.
- **CHALLENGE:** Spend uninterrupted time with God today.
- **JOURNAL PROMPTS:**
  - *Individual:* What strengthens my connection to God?
  - *Family or Group:* How can we abide together?

## NOTES

# WEEK 2: PRESENCE

**Goal:** To slow down, become spiritually aware, and cultivate **intimacy with God**, not just answers from Him.

## DAY 10 - A HEART READY FOR GOD

- **SCRIPTURE READING:** Luke 8:15; James 1:22
- **PRAYER FOCUS:** Lord, make our hearts good soil. Amen.
- **DISCUSSION QUESTIONS:**
  - What hardens our hearts?
  - How do we prepare to read God's Word?
- **ACTIVITY:** Plant a seed or water a plant together.
- **CHALLENGE:** Ask God daily to soften your heart.
- **JOURNAL PROMPTS:**
  - *Individual:* What may block God's voice in your life?
  - *Family or Group:* How can we grow spiritually?

## NOTES

## DAY 11 - REVERENCE IN GOD'S PRESENCE

- **SCRIPTURE READING:** Exodus 3:5; Psalm 46:10
- **PRAYER FOCUS:** We honor Your presence, Lord. Amen.
- **DISCUSSION QUESTIONS:**
  - Why is God's presence holy?
  - How do we treat prayer time with respect?
- **ACTIVITY:** Create a family prayer space.
- **CHALLENGE:** Protect prayer time from distractions by putting phones away or turning on do not disturb.
- **JOURNAL PROMPTS:**
  - *Individual:* Where do I meet God best?
  - *Family or Group:* How do we honor sacred moments?

## NOTES

# WEEK 2: PRESENCE

**Goal:** To slow down, become spiritually aware, and cultivate **intimacy with God**, not just answers from Him.

## DAY 12 - LISTENING PRAYER

- **SCRIPTURE READING:** Habakkuk 2:1
- **PRAYER FOCUS:** God, quiet our hearts to hear You. Amen.
- **DISCUSSION QUESTIONS:**
  - Why is silence uncomfortable?
  - How does God speak in stillness?
- **ACTIVITY:** Sit silently together for five minutes.
- **CHALLENGE:** Practice listening prayer today by asking God, “What should I pray about today,” and wait for Him to reveal it.
- **JOURNAL PROMPTS:**
  - *Individual:* What might God be saying?
  - *Family or Group:* How can we listen better?

## NOTES

## DAY 13 - GOD'S PRESENCE BRINGS RENEWAL

- **SCRIPTURE READING:** Lamentations 3:22-23; 2 Corinthians 5:17
- **PRAYER FOCUS:** Thank You for fresh mercy, God. Amen.
- **DISCUSSION QUESTIONS:**
  - How does God renew us?
  - Why is His presence refreshing?
- **ACTIVITY:** Write old mistakes on paper and tear it up.
- **CHALLENGE:** Begin tomorrow with gratitude prayer.
- **JOURNAL PROMPTS:**
  - *Individual:* What do I need God to renew?
  - *Family or Group:* How can we help each other grow?

## NOTES

# WEEK 2: PRESENCE

**Goal:** To slow down, become spiritually aware, and cultivate **intimacy with God**, not just answers from Him.

## DAY 14 - LIVING AWARE OF GOD'S PRESENCE

- **SCRIPTURE READING:** Psalm 139:7-10; Matthew 28:20
- **PRAYER FOCUS:** Thank You for always being with us. Amen.
- **DISCUSSION QUESTIONS:**
  - Where is God with you daily?
  - How does His presence comfort us?
- **ACTIVITY:** Name places God is with you every day.
- **CHALLENGE:** Acknowledge God's presence throughout today.
- **JOURNAL PROMPTS:**
  - *Individual:* When do I forget God is near?
  - *Family or Group:* How can we stay aware of Him?

## NOTES

# WEEK 3: POWER

**Goal:** To **pray boldly**, believe expectantly, and watch God move, for His glory and the good of others.

## DAY 15 - FOCUSED, FAITHFUL PRAYER

- **SCRIPTURE READING:** Philippians 4:6; 1 John 5:14
- **PRAYER FOCUS:** Lord, we bring clear requests to You. Amen.
- **DISCUSSION QUESTIONS:**
  - Why does God invite specific prayers?
  - How does clarity grow faith?
- **ACTIVITY:** Write one clear prayer request per person.
- **CHALLENGE:** Pray that request daily this week.
- **JOURNAL PROMPTS:**
  - *Individual:* What am I clearly asking God?
  - *Family or Group:* What power do we need from God?

## NOTES

## DAY 16 - DON'T GIVE UP

- **SCRIPTURE READING:** Luke 18:1; Galatians 6:9
- **PRAYER FOCUS:** God, help us persevere in faith. Amen.
- **DISCUSSION QUESTIONS:**
  - Why is persistence powerful?
  - What prayer needs perseverance?
- **ACTIVITY:** Choose one prayer to keep praying.
- **CHALLENGE:** Pray even when you don't feel like it.
- **JOURNAL PROMPTS:**
  - *Individual:* Where do I need endurance?
  - *Family or Group:* What are we committed to praying through?

## NOTES

# WEEK 3: POWER

**Goal:** To **pray boldly**, believe expectantly, and watch God move, for His glory and the good of others.

## DAY 17 - POWER THROUGH PRAYING FOR OTHERS

- **SCRIPTURE READING:** 1 Timothy 2:1; James 5:16
- **PRAYER FOCUS:** Lord, we lift others before You. Amen.
- **DISCUSSION QUESTIONS:**
  - Who needs prayer right now?
  - Why does God use our prayers?
- **ACTIVITY:** Create a prayer list for others.
- **CHALLENGE:** Pray for someone outside your family.
- **JOURNAL PROMPTS:**
  - *Individual:* Who is God calling me to pray for?
  - *Family or Group:* Who will we cover in prayer?

## NOTES

## DAY 18 - WORSHIP AS SPIRITUAL BREAKTHROUGH

- **SCRIPTURE READING:** Acts 16:25-26; Psalm 100:4
- **PRAYER FOCUS:** We praise You, Lord, for who You are. Amen.
- **DISCUSSION QUESTIONS:**
  - Why is praise powerful?
  - How does praise shift our focus?
- **ACTIVITY:** Have a solo, family, or group praise break.
- **CHALLENGE:** Praise God before asking for anything today.
- **JOURNAL PROMPTS:**
  - *Individual:* What can I praise God for?
  - *Family or Group:* How can praise lead our prayers?

## NOTES

# WEEK 3: POWER

**Goal:** To **pray boldly**, believe expectantly, and watch God move, for His glory and the good of others.

## DAY 19 - POWER OF WORDS

- **SCRIPTURE READING:** Proverbs 18:21; Ephesians 4:29
- **PRAYER FOCUS:** God, help us speak life. Amen.
- **DISCUSSION QUESTIONS:**
  - How do words release power?
  - What words honor God?
- **ACTIVITY:** Write blessings for yourself and/or each other.
- **CHALLENGE:** Speak only life-giving words today.
- **JOURNAL PROMPTS:**
  - *Individual:* What negative words need to change in my vocabulary?
  - *Family or Group:* How can we encourage better?

## NOTES

## DAY 20 - WALKING IN GOD'S BLESSING

- **SCRIPTURE READING:** Psalm 5:12; Proverbs 3:4
- **PRAYER FOCUS:** Thank You, God, for Your goodness. Amen.
- **DISCUSSION QUESTIONS:**
  - What is God's favor?
  - How does obedience invite blessing?
- **ACTIVITY:** List ways God has blessed you and your family.
- **CHALLENGE:** Thank God out loud for His favor.
- **JOURNAL PROMPTS:**
  - *Individual:* Where have I seen God move?
  - *Family or Group:* How has God shown His power?

## NOTES

# WEEK 3: POWER

**Goal:** To **pray boldly**, believe expectantly, and watch God move, for His glory and the good of others.

## DAY 21 - LIVING A LIFE OF POWER AND FAITH

- **SCRIPTURE READING:** 2 Timothy 1:5; Psalm 102:18
- **PRAYER FOCUS:** God, let our prayers echo through generations. Amen.
- **DISCUSSION QUESTIONS:**
  - Who modeled powerful prayer for you?
  - What legacy will you leave?
- **ACTIVITY:** Write a family legacy prayer.
- **CHALLENGE:** Commit to being a praying family.
- **JOURNAL PROMPTS:**
  - *Individual:* What impact will my prayers have?
  - *Family or Group:* What legacy of faith will we leave?

## NOTES

# REFLECTION

## PRAYER

How has praying impacted your life over that past three weeks?

Do you find yourself closer to God because of your new prayer life?

## FASTING

How has fasting impacted your life over the past three weeks?

Do you find yourself closer to God because of the fast?

# REFLECTION

## DEVOTIONAL

How has this devotional impacted your life over the past three weeks?

Do you find yourself closer to God because of this devotional?

Has God become the first priority in your life over the past three weeks? Why or why not?

What has changed about how you pray?

How will you continue to make God a priority to be in His presence and experience His power?

# FASTING OPTION #1: DANIEL FAST

## WHAT IS THE DANIEL FAST?

Daniel Fast is where you avoid meats, sweets, and treats for a specific amount of time. During a Daniel Fast, you normally consume rice, beans & lentils, vegetables, and fruits, while avoiding bread, meats, dairy products, sugars/sweeteners, and alcoholic beverages.

## FOODS YOU CAN EAT

Beans and lentils, nuts and seeds, fruits and vegetables, oils and fats, whole grains, unleavened bread, beverages, vitamins and supplements

## FOODS TO AVOID

Alcohol, added sugars, meat, diary, eggs, yeast, refined grains, processed and fried foods, solid fats, chocolate, caffeinated drinks

# FASTING OPTION #2: SUGAR FAST

## WHAT IS A SUGAR FAST?

Sugar Fast is a period of time when you abstain from eating sugar, specifically added sugar to reduce sugar intake, curb sugar cravings, and improve overall health.

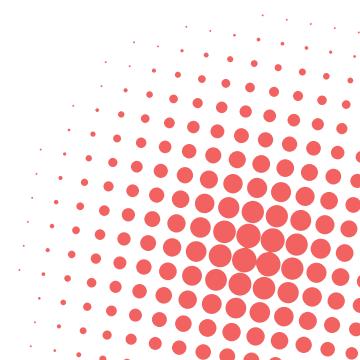
## SYMPTOMS OF SUGAR WITHDRAWAL

Headaches, dizziness, irritability

Sugar withdrawal symptoms can last between a few days to a week, but there are tips you can implement to mitigate them.

## SUGAR FASTING TIPS

Eat breakfast, start small, eat more healthy fats, add protein, snack on fruit, swap your drinks for water or unsweetened tea, stay hydrated



# FASTING OPTION #3: DIGITAL FAST

## WHAT IS A DIGITAL FAST?

Digital Fast is a period of time during which you intentionally reduce the amount of time you spend online on your devices. You may even opt to disconnect completely.

## WHY YOU SHOULD DIGITAL FAST

Self-image problems, low self-esteem, sleep problems, depression, anxiety, weight gain, unhealthy eating, lack of exercise, lack of time management, work ethic problems

## BENEFITS OF DIGITAL FASTING

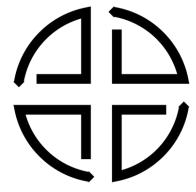
Sharper focus, better social interactions, less stress, more control of your time

## DIGITAL FASTING TIPS

- Let your friends and family know that you are on a digital fast and ask for their help and support
- Find ways to stay distracted and keep other activities on hand
- Delete social media apps from your phone to reduce temptation and easy access
- Try getting out of the house; go to dinner with friends or go for a walk when you are tempted to use your device
- Keep a journal to track your progress and write down your thoughts about the experience

# NOTES

# NOTES



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