



# TO BE CONFORMED

January 4 - 25, 2026

# 21 Days of FASTING & PRAYER

For those he foreknew he  
also predestined to be  
conformed to the image of  
his Son, so that he would  
be the firstborn among  
many brothers and sisters.

Romans 8:29



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For more information visit our website at [cbcarlington.org](http://cbcarlington.org).

# HAPPY NEW YEAR!!!

## **Quick Overview of Dates and Ministry Opportunities** ***2026 Fasting, Prayer, & Devotional Bible Reading Plans***

We are setting apart twenty-one days at the beginning of January 2026 to seek the Lord for ourselves, our families, church, cities, and government. Our expectation is that God will speak to us and move powerfully in our lives during and after this specific time of prayer, fasting and personal devotion. We envision this fasting, Bible reading, and prayer movement, much like a seed being planted into the ground of our lives that God will water and cause to grow as the year of 2026 unfolds. We encourage you to prepare your heart for how God will use this in your life. You may have questions about fasting so please read through the rest of this booklet for more information. You will also read about all of the exciting opportunities of prayer, reading and devotional studies we will share during the month of January 2026.

### **21-Day Food Fast**

**January 4-25 (12noon to 12noon)**

Daniel Fast (vegetables, fruit, water, black coffee, 100% fruit juice, unsweetened tea). You can also do a plan that has no bread, sweets, treats or sugary drinks. Read more information about fasting in this packet.

### **21-Day Media Fast**

**January 4 – 25**

Media Fast (no TV, social media, games, movies, YouTube videos, Netflix, Hulu, Prime, Disney Plus, etc.) You can still use your phone for texting, calling, Bible reading, and RightNow Media for our devotional studies, no worries there. You CAN watch Christian TV, preachers/teachers, the news (to stay abreast of what's happening in the world), but limit it to only those types of media. READ MORE BELOW.

You are encouraged to watch "Redeem the Screen" (adult and youth editions) by Kyle Idleman on our RightNow Media account to help you with the Media Fast.

Adults - <https://app.rightnowmedia.org/en/content/details/434086>

Youth - <https://app.rightnowmedia.org/en/content/details/438443>

### **21 Day Financial Fast**

**January 4 – 25**

The purpose of the fast is to eliminate spending on absolutely everything that is not essential. For three weeks you must refrain from buying anything that is not a necessity. Necessities are: Food, medicine, monthly bills, mortgage/rent.

Refrain from going to the mall or retail stores to shop for clothes, shoes, jewelry, nonessential household items, or other stuff that creates a drag on your financial life (and clutters your home). No restaurant meals — fast food or otherwise. This includes buying breakfast or lunch at work. You can't stop for coffee. Make it at home instead. During the fast, forget going out to the movies and concerts. Fill that time with prayer, Bible reading, listening to Christian teaching, etc.



## **Recommended Reading - Michelle Singletary - 21 Day Financial Fast**

You can find 21 days of teaching snippets from Michelle Singletary on YouTube

Why the financial fast: <https://youtu.be/2gKMoXycHm8?si=KhFXYYygGgVqKAFh>

Introduction to the fast: [https://youtu.be/mmswAtbp6sY?si=12QOBfwhOa-fh\\_kt](https://youtu.be/mmswAtbp6sY?si=12QOBfwhOa-fh_kt)

Day 1 - [https://youtu.be/GMpgPg1EGO4?si=FNbe88MnYGj7pW\\_I](https://youtu.be/GMpgPg1EGO4?si=FNbe88MnYGj7pW_I)

Day 2 - [https://youtu.be/UR0C7G\\_9FVI?si=SEkKBN8rHfej7Ca1](https://youtu.be/UR0C7G_9FVI?si=SEkKBN8rHfej7Ca1)

Day 3 - <https://youtu.be/gkkZAO2JVus?si=3KUI1y2pm7IYtLzW>

Day 4 - [https://youtu.be/Q\\_6-4DXpLbs?si=Nf2iPPiFjt-nyWpt](https://youtu.be/Q_6-4DXpLbs?si=Nf2iPPiFjt-nyWpt)

Day 5 - [https://youtu.be/sH9Y9fMru-8?si=pJPvJa2\\_XjfD0aNa](https://youtu.be/sH9Y9fMru-8?si=pJPvJa2_XjfD0aNa)

Day 6 - <https://youtu.be/AB6uOcWGsZM?si=k5sxs1CaBGSToLY>

Day 7 - [https://youtu.be/NEUoTUR3smM?si=4iieXnQ66ZiMRq\\_9](https://youtu.be/NEUoTUR3smM?si=4iieXnQ66ZiMRq_9)

**You can find Days 8 through 21 on her YouTube channel.**

## **Days of Prayer**

Sunday, January 4 at 7:45AM

**Family Prayer Breakfast** (details below)

Sunday, January 4 | 6:00PM-7:00PM

**Leave It At The Altar Prayer Hour**

Saturday, January 10 | 9AM-11AM

**Prayer Drive Thru**

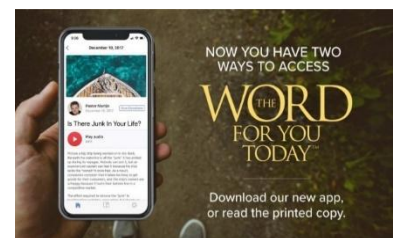
Friday-Saturday, January 23-24, 6pm – 6pm

**24-Hour Prayer Chain Via Zoom**

Please sign up for a time-slot beginning January 4, 2026.

## **Personal Devotion & Bible Reading**

If you did not get a 3-month CBC devotional booklet to use for December, January and February, you can download an online version of the devotional at [www.mydevoapp.com](http://www.mydevoapp.com). Create an account and connect with our church organization to begin reading the online devotion. The access code is: QBC. You will be directed to the Google play or the App Store to download the app. Please read the daily devotional to help you stay focused on spiritual things throughout the fasting period.

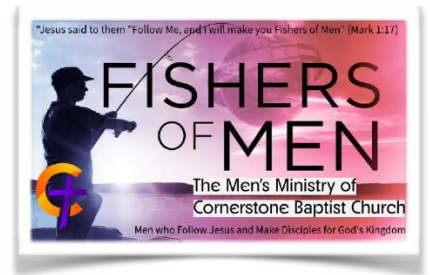


Prayer and fasting go hand in hand. With that in mind, we have orchestrated a variety of prayer opportunities for you to participate in during our prayer and fasting period. It is very important for you to have a personal prayer life as you are fasting and reading with our corporate movement. Write down your personal prayer requests and watch God answer your prayers! We would also like for you to pray over our daily corporate prayer list in the back of this packet. Each day we will have a specific area of prayer that we're asking everyone to focus on while praying over their personal requests each day.

## Bible Reading To Increase Worship & Wisdom For The New Year!

To help us with the fast, encourage us throughout the month, set a foundation for what and why we do what we do as Christians, and provide power filled lives, we have chosen to increase our worship and get wisdom this year by reading through Proverbs and Psalms in 31 days beginning January 1, 2026. We want everyone to participate in our reading plan. This plan is designed to increase your worship and wisdom. You will read through the books of Psalms and Proverbs in one month. Each day you will read five Psalms and one Proverb coordinating with the date of the month.

Day 1`	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Proverbs 1 Psalm 1 Psalm 31 Psalm 61 Psalm 91 Psalm 121	Proverbs 2 Psalm 2 Psalm 32 Psalm 62 Psalm 92 Psalm 122	Proverbs 3 Psalm 3 Psalm 33 Psalm 63 Psalm 93 Psalm 123	Proverbs 4 Psalm 4 Psalm 34 Psalm 64 Psalm 94 Psalm 124	Proverbs 5 Psalm 5 Psalm 35 Psalm 65 Psalm 95 Psalm 125	Proverbs 6 Psalm 6 Psalm 36 Psalm 66 Psalm 96 Psalm 126	Proverbs 7 Psalm 7 Psalm 37 Psalm 67 Psalm 97 Psalm 127
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Proverbs 8 Psalm 8 Psalm 38 Psalm 68 Psalm 98 Psalm 128	Proverbs 9 Psalm 9 Psalm 39 Psalm 69 Psalm 99 Psalm 129	Proverbs 10 Psalm 10 Psalm 40 Psalm 70 Psalm 100 Psalm 130	Proverbs 11 Psalm 11 Psalm 41 Psalm 71 Psalm 101 Psalm 131	Proverbs 12 Psalm 12 Psalm 42 Psalm 72 Psalm 102 Psalm 132	Proverbs 13 Psalm 13 Psalm 43 Psalm 73 Psalm 103 Psalm 133	Proverbs 14 Psalm 14 Psalm 44 Psalm 74 Psalm 104 Psalm 134
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Proverbs 15 Psalm 15 Psalm 45 Psalm 75 Psalm 105 Psalm 135	Proverbs 16 Psalm 16 Psalm 46 Psalm 76 Psalm 106 Psalm 136	Proverbs 17 Psalm 17 Psalm 47 Psalm 77 Psalm 107 Psalm 137	Proverbs 18 Psalm 18 Psalm 48 Psalm 78 Psalm 108 Psalm 138	Proverbs 19 Psalm 19 Psalm 49 Psalm 79 Psalm 109 Psalm 139	Proverbs 20 Psalm 20 Psalm 50 Psalm 80 Psalm 110 Psalm 140	Proverbs 21 Psalm 21 Psalm 51 Psalm 81 Psalm 111 Psalm 141
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Proverbs 22 Psalm 22 Psalm 52 Psalm 82 Psalm 112 Psalm 142	Proverbs 23 Psalm 23 Psalm 53 Psalm 83 Psalm 113 Psalm 143	Proverbs 24 Psalm 24 Psalm 54 Psalm 84 Psalm 114 Psalm 144	Proverbs 25 Psalm 25 Psalm 55 Psalm 85 Psalm 115 Psalm 145	Proverbs 26 Psalm 26 Psalm 56 Psalm 86 Psalm 116 Psalm 146	Proverbs 27 Psalm 27 Psalm 57 Psalm 87 Psalm 117 Psalm 147	Proverbs 28 Psalm 28 Psalm 58 Psalm 88 Psalm 118 Psalm 148
Day 29	Day 30	Day 31				
Proverbs 29 Psalm 29 Psalm 59 Psalm 89 Psalm 119 Psalm 149	Proverbs 30 Psalm 30 Psalm 60 Psalm 90 Psalm 120 Psalm 150	Proverbs 31				



# H.E.A.R. Journal Method

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of Applying it.

By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

Every week, each will share a H.E.A.R. Journal and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

As you read through your reading plan each week, create a H.E.A.R. Journal by using these four questions.

## H (HIGHLIGHT)

What is a verse(s) that stood out to you in your reading?

## E (EXPLAIN)

What is the author's intended meaning in the context of the passage?

## A (APPLY)

What is the principle to live by today?

## R (RESPOND)

How will I respond to the application in my relationships and/or situations this week?

## Sample H.E.A.R. Journal

Daily Reading: PHILIPPIANS 4

Date: JANUARY 10

### H (HIGHLIGHT)

"I AM ABLE TO DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME." PHILIPPIANS 4:13

### E (EXPLAIN)

PAUL WAS TELLING THE CHURCH AT PHILIPPI THAT HE HAS DISCOVERED THE SECRET OF CONTENTMENT. NO MATTER THE SITUATION IN PAUL'S LIFE, HE REALIZED THAT CHRIST WAS ALL HE NEEDED, AND CHRIST WAS THE ONE WHO STRENGTHENED HIM TO PERSEVERE THROUGH DIFFICULT TIMES.

### A (APPLY)

IN MY LIFE, I WILL EXPERIENCE MANY UPS AND DOWNS. MY CONTENTMENT IS NOT FOUND IN CIRCUMSTANCES. RATHER, IT IS BASED ON MY RELATIONSHIP WITH JESUS CHRIST. ONLY JESUS GIVES ME THE STRENGTH I NEED TO BE CONTENT IN EVERY CIRCUMSTANCE OF LIFE.

### R (RESPOND)

LORD JESUS, PLEASE HELP ME AS I STRIVE TO BE CONTENT IN YOU. THROUGH YOUR STRENGTH, I CAN MAKE IT THROUGH ANY SITUATION I FACE.

# F260 BIBLE READING PLAN

A BIBLE READING PLAN FOR BUSY BELIEVERS

## WEEK 1

Genesis 1-2  
Genesis 3-4  
Genesis 6-7  
Genesis 8-9  
Job 1-2

Memory Verses:  
Genesis 1:27  
Hebrews 11:7

## WEEK 2

Job 38-39  
Job 40-42  
Genesis 11-12  
Genesis 15  
Genesis 16-17

Memory Verses:  
Hebrews 11:6  
Hebrews 11:8-10

## WEEK 3

Genesis 18-19  
Genesis 20-21  
Genesis 22  
Genesis 24  
Genesis 25:19-34, 26

Memory Verses:  
Romans 4:20-22  
Hebrews 11:17-19

## WEEK 4

Genesis 27-28  
Genesis 29-30:24  
Genesis 31-32  
Genesis 33, 35  
Genesis 37

Memory Verses:  
2 Corinthians 10:12  
1 John 3:18

## WEEK 5

Genesis 39-40  
Genesis 41  
Genesis 42-43  
Genesis 44-45  
Genesis 46-47

Memory Verses:  
Romans 8:28-30  
Ephesians 3:20-21

## WEEK 6

Genesis 48-49  
Genesis 50 – Exodus 1  
Exodus 2-3  
Exodus 4-5  
Exodus 6-7

Memory Verses:  
Genesis 50:20  
Hebrews 11:24-26

## WEEK 7

Exodus 8-9  
Exodus 10-11  
Exodus 12  
Exodus 13:17-14  
Exodus 16-17

Memory Verses:  
John 1:29  
Hebrews 9:22

## WEEK 8

Exodus 19-20  
Exodus 24-25  
Exodus 26-27  
Exodus 28-29  
Exodus 30-31

Memory Verses:  
Exodus 20:1-3  
Galatians 5:14

## WEEK 9

Exodus 32-33  
Exodus 34-36:1  
Exodus 40  
Leviticus 8-9  
Leviticus 16-17

Memory Verses:  
Exodus 33:16  
Matthew 22:37-39

## WEEK 10

Leviticus 23  
Leviticus 26  
Numbers 11-12  
Numbers 13-14  
Numbers 16-17

Memory Verses:  
Leviticus 26:13  
Deuteronomy 31:7-8

## WEEK 11

Numbers 20, 27:12-23  
Numbers 34-35  
Deuteronomy 1-2  
Deuteronomy 3-4  
Deuteronomy 6-7

Memory Verses:  
Deuteronomy 4:7  
Deuteronomy 6:4-9

## WEEK 12

Deuteronomy 8-9  
Deuteronomy 30-31  
Deuteronomy 32:48-52, 34  
Joshua 1-2  
Joshua 3-4

Memory Verses:  
Joshua 1:8-9  
Psalm 1:1-2



**WEEK 13**

Joshua 5:10-15, 6  
Joshua 7-8  
Joshua 23-24  
Judges 2-3  
Judges 4

Memory Verses:  
Joshua 24:14-15  
Judges 2:12

**WEEK 14**

Judges 6-7  
Judges 13-14  
Judges 15-16  
Ruth 1-2  
Ruth 3-4

Memory Verses:  
Psalm 19:14  
Galatians 4:4-5

**WEEK 15**

1 Samuel 1-2  
1 Samuel 3, 8  
1 Samuel 9-10  
1 Samuel 13-14  
1 Samuel 15-16

Memory Verses:  
1 Samuel 15:22  
1 Samuel 16:7

**WEEK 16**

1 Samuel 17-18  
1 Samuel 19-20  
1 Samuel 21-22  
Psalm 22, 1 Samuel  
24-25:1  
1 Samuel 28; 31

Memory Verses:  
1 Samuel 17:46-47  
2 Timothy 4:17a

**WEEK 17**

2 Samuel 1, 2:1-7  
2 Samuel 3:1, 5, Psalm 23  
2 Samuel 6-7  
Psalm 18, 2 Samuel 9

**2 Samuel 11-12**

Memory Verses:  
Psalm 23:1-3  
Psalm 51:10-13

**WEEK 18**

Psalm 51  
2 Samuel 24, Psalm 24  
Psalms 1, 19  
Psalms 103, 119:1-48  
Psalms 119:49-128

Memory Verses:  
Psalm 1:1-7  
Psalm 119:7-11

**WEEK 19**

Psalms 119:129-176, 139  
Psalms 148-150  
1 Kings 2  
1 Kings 3, 6  
1 Kings 8, 9:1-9

Memory Verses:  
Psalm 139:1-3  
Psalm 139:15-16

**WEEK 20**

Proverbs 1-2  
Proverbs 3-4  
Proverbs 16-18  
Proverbs 31  
1 Kings 11-12

Memory Verses:  
Proverbs 1:7  
Proverbs 3:5-6

**WEEK 21**

1 Kings 16:29-34, 17  
1 Kings 18-19  
1 Kings 21-22  
2 Kings 2  
2 Kings 5, 6:1-23

Memory Verses:  
Psalm 17:15  
Psalm 63:19

**WEEK 22**

Jonah 1-2  
Jonah 3-4  
Hosea 1-3  
Amos 1:1, 9  
Joel 1-3

Memory Verses:  
Psalm 16:11  
John 11:25-26

**WEEK 23**

Isaiah 6, 9  
Isaiah 44-45  
Isaiah 52-53  
Isaiah 65-66  
Micah 1, 4:6-13, 5

Memory Verses:  
Isaiah 53:5-6  
1 Peter 2:23-24

**WEEK 24**

2 Kings 17-18  
2 Kings 19-21  
2 Kings 22-23  
Jeremiah 1-3:5  
Jeremiah 25, 29

Memory Verses:  
Proverbs 29:18  
Jeremiah 1:15

**WEEK 25**

Jeremiah 31:31-40, 32-33  
Jeremiah 52, 2 Kings  
24-25  
Ezekiel 1:1-3, 36:16-38, 37  
Daniel 1-2  
Daniel 3-4

Memory Verses:  
Ezekiel 36:26-27  
Daniel 4:35

**WEEK 26**

Daniel 5-6  
Daniel 9-10, 12  
Ezra 1-2  
Ezra 3-4

Ezra 5-6

Memory Verses:  
Daniel 6:26-27  
Daniel 9:19

### **WEEK 27**

Zechariah 1:1-6, 2, 12  
Ezra 7-8  
Ezra 9-10  
Esther 1-2  
Esther 3-4

Memory Verses:  
Zephaniah 3:17  
1 Peter 3:15

### **WEEK 28**

Esther 5-7  
Esther 8-10  
Nehemiah 1-2  
Nehemiah 3-4  
Nehemiah 5-6

Memory Verses:  
Deuteronomy 29:29  
Psalm 101:3-4

### **WEEK 29**

Nehemiah 7-8  
Nehemiah 9  
Nehemiah 10  
Nehemiah 11  
Nehemiah 12

Memory Verses:  
Nehemiah 6:9  
Nehemiah 9:6

### **WEEK 30**

Nehemiah 13  
Malachi 1  
Malachi 2  
Malachi 3  
Malachi 4

Memory Verses:  
Psalm 51:17  
Colossians 1:19-20

### **WEEK 31**

Luke 1  
Luke 2  
Matthew 1-2  
Mark 1  
John 1

Memory Verses:  
John 1:1-2  
John 1:14

### **WEEK 32**

Matthew 3-4  
Matthew 5  
Matthew 6  
Matthew 7  
Matthew 8

Memory Verses:  
Matthew 5:16  
Matthew 6:33

### **WEEK 33**

Luke 9:10-62  
Mark 9-10  
Luke 12  
John 3-4  
Luke 14

Memory Verses:  
Luke 14:26-27  
Luke 14:33

### **WEEK 34**

John 6  
Matthew 19:16-30  
Luke 15-16  
Luke 17:11-37, 18  
Mark 10

Memory Verses:  
Mark 10:45  
John 6:37

### **WEEK 35**

John 11, Matthew 21:1-13  
John 13  
John 14-15  
John 16<sup>10</sup>  
Matthew 24:1-31

Memory Verse:  
John 13:34-35  
John 15:4-5

### **WEEK 36**

Matthew 24:32-51  
John 17  
Matthew 26:35-27:31  
Matthew 27:32-66,  
Luke 23:26-56  
John 19

Memory Verses:  
Luke 23:34  
John 17:3

### **WEEK 37**

Mark 16  
Luke 24  
John 20-21  
Matthew 28  
Acts 1

Memory Verses:  
Matthew 28:18-20  
Acts 1:8

### **WEEK 38**

Acts 2-3  
Acts 4-5  
Acts 6  
Acts 7  
Acts 8-9

Memory Verse:  
Acts 2:42  
Acts 4:31

### **WEEK 39**

Acts 10-11  
Acts 12  
Acts 13-14  
James 1-2  
James 3-5

Memory Verses:  
James 1:2-4  
James 2:17

**WEEK 40**

Acts 15-16  
 Galatians 1-3  
 Galatians 4-6  
 Acts 17-18:17  
 1 Thessalonians 1-2

Memory Verses:  
 Acts 17:11  
 Acts 17:24-25

**WEEK 41**

1 Thessalonians 3-5  
 2 Thessalonians 1-3  
 Acts 18:18-28, 19  
 1 Corinthians 1-2  
 1 Corinthians 3-4

Memory Verses:  
 1 Corinthians 1:18  
 1 Thessalonians 5:23-24

**WEEK 42**

1 Corinthians 5-6  
 1 Corinthians 7-8  
 1 Corinthians 9-10  
 1 Corinthians 11-12  
 1 Corinthians 13-14

Memory Verses:  
 1 Corinthians 10:13  
 1 Corinthians 13:13

**WEEK 43**

1 Corinthians 15-16  
 2 Corinthians 1-2  
 2 Corinthians 3-4  
 2 Corinthians 5-6  
 2 Corinthians 7-8

Memory Verses:  
 Romans 1:16-17  
 1 Corinthians 15:3-4

**WEEK 44**

2 Corinthians 9-10  
 2 Corinthians 11-13

Romans 1-2, Acts 20:1-3  
 Romans 3-4  
 Romans 5-6

Memory Verses:  
 Romans 5:1  
 2 Corinthians 10:4

**WEEK 45**

Romans 7-8  
 Romans 9-10  
 Romans 11-12  
 Romans 13-14  
 Romans 15-16

Memory Verses:  
 Romans 8:1  
 Romans 12:1-2

**WEEK 46**

Acts 20-21  
 Acts 22-23  
 Acts 24-25  
 Acts 26-27  
 Acts 28

Memory Verses:  
 Acts 20:24  
 2 Corinthians 4:7-10

**WEEK 47**

Colossians 1-2  
 Colossians 3-4  
 Ephesians 1-2  
 Ephesians 3-4  
 Ephesians 5-6

Memory Verses:  
 Ephesians 2:8-10  
 Colossians 2:6-7

**WEEK 48**

Philippians 1-2  
 Philippians 3-4  
 Hebrews 1-2  
 Hebrews 3-4  
 Hebrews 5-6

Memory Verses:  
 Philippians 3:7-8  
 Hebrews 4:14-16

**WEEK 49**

Hebrews 7  
 Hebrews 8-9  
 Hebrews 10  
 Hebrews 11  
 Hebrews 12

Memory Verses:  
 Galatians 2:19-20  
 2 Corinthians 5:17

**WEEK 50**

1 Timothy 1-3  
 1 Timothy 4-6  
 2 Timothy 1-2  
 2 Timothy 3-4  
 1 Peter 1-2

Memory Verses:  
 2 Timothy 2:1-2  
 2 Timothy 2:15

**WEEK 51**

1 Peter 3-4  
 1 Peter 5, 2 Peter 1  
 2 Peter 2-3  
 1 John 1-3  
 1 John 4-5

Memory Verses:  
 1 Peter 2:11  
 1 John 4:10-11

**WEEK 52**

Revelation 1  
 Revelation 2-3  
 Revelation 4-5  
 Revelation 18-19  
 Revelation 20-22

Memory Verses:  
 Revelation 3:19  
 Revelation 21:3-4

## Personal Devotion

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every day, and come prepared to hear what He wants to tell you.

Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God.

### 1. READ CONSISTENTLY

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up at the next reading, but stay with it and don't give up. The key is to keep this simple and make it sustainable.

### 2. READ PRAYERFULLY

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

### 3. READ EXPECTANTLY

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you. A great, simple way to journal your devotionals is to use the SOAP method.

### 4. SOAP METHOD

Scripture	Observation	Application	Prayer
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The **SOAP** method is used like this:

**S is for Scripture.** Read prayerfully. Take notice of which Scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

**O if for Observation.** Focusing on that Scripture, tune in and listen to what God is saying to you through His Word. What is it about this Scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.



**A is for Application.** Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this Scripture applies to you today.

**P is for Prayer.** Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the Scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

**That's it ... SOAP!!!** It's as simple or deep as you want it to be. If you want to go deeper in your study here are additional tips.

- Reread the daily passage in a different Bible translation or paraphrase
- Utilize online resources, such as those available from [crosswalk.com](http://crosswalk.com), [youversion.com](http://youversion.com) or [Biblestudytools.com](http://Biblestudytools.com)
- Utilize a commentary, such as those by Matthew Henry or online at [BibleGateway.com](http://BibleGateway.com)
- Cross-reference your daily reading using the footnotes in your study Bible
- Research words in their original language using a Strong's Concordance or online at [Biblehub.com](http://Biblehub.com)

## **Family Prayer Breakfast – Sunday, January 4<sup>th</sup>**

### **To Be Conformed – Romans 8:29**

### **7:45AM – 9:45AM**

Join us for our annual New Year's Prayer Breakfast – TO BE CONFORMED – Romans 8:29, Sunday, January 4 from 7:45 - 9:45AM.

This year we are having one big family affair breakfast. We will have everyone in the same room, age 4 and up. Seating is limited to the first 300 people (ages 4 and up). We will have childcare for those age 3 and under.

Sign up and pay online at [cbcarlington.org](http://cbcarlington.org) or in person at the connection or church office. The cost is \$5 per person. Families with 6 or more people in the household should only pay \$30 for the household. Everyone must be listed on the form or ticket stub.

**Join us Sunday, January 4 at 7:45AM in the MPR on Cornerstone's Campus - Building B.**



## Prayer Drive Thru Event

Saturday, January 10<sup>th</sup> we will take prayer into the community by hosting another fun **Prayer Drive Thru Event** at the church from 9AM to 11AM. We will need volunteers to pray with people who drive through our prayer lines, hold signs along Matlock Road encouraging people to drive through for prayer, drink station volunteers to distribute coffee and hot chocolate and those equipped to share the gospel with anyone requesting salvation. **Sign up by texting “drive” to 817.468.0083.**

*Your prayers are powerful and effective when rooted in a righteous life. James 5:16*

## Leave It At The Altar Prayer Hour

Sunday, January 4<sup>th</sup> from 6-7pm we will gather to pray and lay our burdens, concerns and worries at the altar. Don't miss this hour prayer and submission to God for His direction and guidance for us in the new year.

## 24-Hour Prayer Chain

Join us for our **24-hour Virtual Prayer Chain** Friday, January 23<sup>rd</sup> at 6pm through Saturday, January 24<sup>th</sup> at 6pm. Sign up for a 1-hour (or more) time slot(s) and join us online via Zoom as we call upon God to show us His power as we acknowledge HIM as King, Lord, and Redeemer. **Sign up online at [cbcarlington.org](http://cbcarlington.org) beginning January 4<sup>th</sup>.**

**Notes:**

# **CHURCH CORPORATE 21-DAY FAST**

## **JANUARY 4 - 25**

*“...But the days will come when the bridegroom will be taken away from them, and then they will fast.”*  
*Matthew 9:15b NKJV*

### **WHAT IS A FAST?**

Fasting is when someone or a group of people abstain from food (fully or partially) for a specific period of time in order to seek God through prayer. Many people in the Bible practiced fasting as a spiritual discipline or in response to something specific. In the Old Testament, Israel was required by God to fast collectively at least once a year on the Day of Atonement as well as other occasions. In the New Testament we have records of the early church fasting and praying together for specific reasons and reliable church history tells us that the early church practiced fasting twice a week, usually on Wednesday and Friday.

### **WHY DO WE FAST?**

Knowing what a fast is doesn't necessarily mean we understand its purpose. We can find many good Scriptural reasons for fasting and below you will find a short list of some of these reasons. It's important to remember that we not only fast and pray for ourselves, but also for those around us.

1. To humble ourselves to God (repentance) - Psalm 35:13, 1 Samuel 7:6, Ezra 9
2. To come closer to God - James 4:8
3. To understand God's Word (revelation) - Ephesians 1:17-22
4. To know God's will or direction - Acts 13:1-2
5. To seek healing/deliverance - Isaiah 58, Matthew 17:21
6. To seek God's intervention - 2 Samuel 12:16-23, 2 Chronicles 20:3
7. To intercede for others - Daniel 9:3

### **DIFFERENT TYPES OF FASTS**

There are many different ways to do a fast. The most important part of fasting is the time we spend with God in prayer. If we deny ourselves food and do not pray then we will accomplish nothing. The following types of fasts are simply references to what we can do as we seek the Lord in prayer.

#### **1. Full Fast**

A full fast is where you go completely without food for a specific amount of time. There are at least four references in the Bible where people fasted food and water; however, we are only referencing food as a full fast for obvious reasons. If you choose to do a full fast then we recommend you consult with others prior to doing so, especially if you take any kinds of medication.

#### **2. Partial Fast**

A partial fast is to simply go without a meal or two during the day of your fast. For example, you could fast from dinner or lunch and spend an extended amount of time in prayer in place of that meal. There are no rules to this kind of fasting but you should decide beforehand what you will do and stick to it as with all fasts.

### **3. Daniel Fast**

This kind of fast comes from Daniel chapter 10, where Daniel had a terrifying vision that caused him to abstain from all pleasant food and drink. If you choose to do this kind of fast then essentially you will be abstaining from all “meats, sweets, and treats.” Most people stick to fruits, vegetables and nuts or similar kinds of protein. There are many resources online that could provide healthy options with this fast.

### **4. Media Fast/Soul Fast (Daniel 6:18)**

Sometimes we are unable to participate in abstaining from food for various health reasons, however, this does not mean we cannot fast and pray. There are times we need to refocus certain areas of our lives that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. We strongly encourage you to replace forms of entertainment (TV, movies, internet surfing, social media) with prayer and intentional time with family. God often uses this kind of fast to quiet the noise in our life and increase our ability to hear His voice.

## **PRACTICAL POINTS OF FASTING**

1. **Plan your fast - what kind of fast? How long? Write your plan out!** We are corporately fasting as a church family (all together) for 21 days from January 5 – 26, 2025 from 12noon to 12noon.
2. **Be specific with your fasting - know why you're fasting and what you're praying for.** Write down your personal prayer requests as well as pray over the corporate church prayer list.
3. **Plan your prayer time for each day - when will you pray? Plan it out.** Mark your location and time that you will pray each day at your home, on your job, and at the church. Being intentional helps you accomplish your goal.
4. **Journal your fast - God will speak to you, but it may mean more at another time.** Write about your fast experience, what you heard from God, how you felt each day and what you heard Him say. If you don't journal it on paper, put it in your phone!
5. **Drink lots of water - we get most of our water from food, so double up on your water.** The great thing about increasing your water intake during the fast, is the amazing health benefit you'll get from the fast. God is amazing in how He asks us to fast and turns that sacrifice into a benefit for us at the end!
6. **Invite Accountability - it's good to share what you're doing with a trusted friend.** The exciting thing about our church wide prayer and fasting period, is knowing that we are all doing it together. There is accountability and comradery within our church as we fast and pray together.



## Sample Menu Ideas For Fasting

### Sample Menu 1:

#### Fasting on Fruits, Vegetables, Juices, and Water

Breakfast

- *Fruit smoothie with whey protein*

Mid-morning Snack

- *Fresh fruit or fresh vegetables*

Lunch

- *Raw vegetable salad with light, organic dressing and vegetable broth soup*

Mid-afternoon Snack

- *Fresh fruit or fresh vegetables*

Dinner

- *Fresh salad with light, organic dressing and steamed or grilled vegetables*

### Sample Menu 2:

#### Fasting Liquids Only

Breakfast

- *Fruit smoothie with whey protein*

Mid-morning Snack

- *Herbal tea or vegetable broth soup*

Lunch

- *Raw, juiced vegetables*

Mid-afternoon Snack

- *Fresh fruit juice or fruit smoothie with whey protein*

Dinner

- *Vegetable juice or vegetable broth soup*

### Sample Menu 3:

#### Modified Daniel Fast

Breakfast

- *1-2 servings whole grains with fresh fruit juice*

Mid-morning Snack

- *Fresh fruit or fresh chopped vegetables*

Lunch

- *1-2 servings whole grains, fresh salad with legumes and light, organic dressing*

Mid-afternoon Snack

- *Fresh fruit juice or fruit smoothie with whey protein*

Dinner

- *1-2 servings of whole grains; fresh salad with legumes and light, organic dressing*

## Media Fast For 2026

That's right: no TV, social media, games, movies, YouTube videos, Netflix, Hulu, Prime, Disney Plus, etc. You can still use your phone for texting and calling, no worries there. **You CAN watch Christian TV, preachers, the news (to stay abreast of what's happening in the world), but limit it to only those types of media. Try watching Christian based shows and teaching (The Chosen, Right Now Media Videos and Teaching, etc.)**

When the thought of a media fast comes to mind, I'm sure you wanted to immediately blow it off. "*That's way too hard and unrealistic,*". It does seem a little unrealistic considering the amount of time we spend doing media related things.



According to Hacker Noon, the average person spends over 4 hours a day on their phone for social media purposes. That's 86 hours a month! Furthermore, Statista states the average U.S. consumer spends 3.6 hours watching TV a day. Another study by MediaKix shows that over the average lifetime, most will spend 7 years and 8 months watching TV and 5 years and 4 months on Social Media. I don't know about you, but those statistics alone reveal a **global obsession** with media.

The truth is, doing a media fast isn't unrealistic or impossible, it's just extremely *inconvenient* for most of us. But can we offer you a bit of encouragement that was given to us? **Many times, we do sincerely desire to hear God, know His voice, and get in tune with His heart. While our desire may be authentic and real, are we willing to tune out the noise of our loudest competitor in order to tune in to what God is doing and speaking?**

Twenty-one days. Give this thing 21 days. This is a common amount of time for any type of fasting. It's a long enough period of time to *begin* developing a healthy habit and honestly, it goes pretty fast! Starting this fast on January 5<sup>th</sup> and run through January 26<sup>th</sup>, mark out the FULL 21 days on your calendar, which means starting at 12noon of day 1 and ending at 12noon of day 22.

Because media is such a habitual part of our lives, some people find it helpful to completely delete the apps they frequently use to make it less of a temptation. I've also heard of people putting signs on their TV saying, "Don't watch me!" so they remember not to turn it on. Whatever will help you, do it! Also, tell a friend what you're doing and have them keep you accountable. Or, challenge them to do it with you!

## Exceptions

I realize that some people have to use social media for their jobs. This is not a big deal, just get your posting and scheduling done and try your best not to mindlessly scroll for entertainment's sake. However, do still check emails on the fast.

Also consider just listening to Christian music for the 21 days. Remember the heart of "tuning out" is to "tune in".

## Ideas of What to Do Instead of Media

You'll be amazed at how much time you normally spend on media when it's no longer an option! Here are some ideas of things to do while you are media-less:

- Get a few books you've been wanting to read
- Board games—play them!
- Read your Bible or start a new Bible study
- Make a 21 Day prayer journal and write in it when you feel like you want to grab your phone or watch TV
- Cook for fun!...but stick to the Daniel Fast if you're participating.
- Take a walk/ walk your dog.
- Create things! (That's right—without Pinterest.)
- Call your friend/relative you haven't talked to in awhile
- Exercise!
- Clean and organize cluttered spaces that drive you bonkers
- Write an encouraging note to a friend
- Invite friends over to hang out/have dinner/ play a game

## Establish a Clear Vision

These next 21 days will be **hard**— but most good things are. As you prepare to start your media fast, have a clear vision of what you want to learn and pursue in these next 21 days. Some examples could be, “In these 21 days, I want to...

- Grow closer to God and focus on hearing Him
- Spend more quality time with my husband, kids and/or friends
- Learn how to be authentically creative without media-inspiration
- Develop new habits on how to spend my free time wisely
- Make space to pray and prepare for the New Year

Whatever your vision, you can count on this: *you will learn so much*. Anticipate it! And most importantly remember the heart of fasting.

Remember Jesus words from Matthew 6:16-18,

*“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”*

Taken from: <https://kaitlingarrison.com/2017/12/23/helpful-guide-21-day-media-fast/>

## PRAYER

As you prepare for the 31 days of fasting and prayer it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. We really want to encourage you to keep this simple. Think about the top two or three things most pressing on your heart and zone in on those with God. Write them down in the space provided below, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

***During this fast, I am praying and believing God for:***

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## Checklist – Are You Ready To Pray?

### ☐ Are All Sins Confessed?

*Behold, the LORD's hand is not shortened, that it cannot save; Nor His ear heavy, That it cannot hear. But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear. Isaiah 59:1-2*

*If we say that we have not sinned, we make Him a liar, and His word is not in us. I John 1:10*



☐ **Are All Relationships With Others Made Right?**

*For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15*

☐ **Are You Seeking His Will In All Things?**

*Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.  
I John 5:14-15*

☐ **Are You Seeking To Glorify God Above All Things?**

*And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it. John 14:13-14*

☐ **Are You Depending On the Holy Spirit's Guidance?**

*Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. Romans 8:26-27*

☐ **Are You Trusting God In Spite of What Seems To Be?**

*Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. Proverbs 3:5-6*

☐ **Will You Praise God No Matter What?**

*And we know that all things work together for good to those who love God, to those who are the called according to His purpose. Romans 8:28*

*Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. I Thessalonians 5:16-18*

## **A SAMPLE SCRIPTURE-BASED PRAYER**

Father, I commit my day to you. I trust also in You and You will bring it to pass.  
*Ps. 37:5*

Father, You will instruct me and teach me in the way I should go. You will guide me with Your eye. You will give me the desires of my heart, because I have delighted myself in You.  
*Ps. 32:8 and Ps. 37:4*

Father, I will be kept in perfect peace today, for I have chosen to let my mind be "stayed" on You. Make it a reality in my life as I trust in You.  
*Isa. 26:3*

Father, I will walk in good health and strength as my day demands. I take authority over Satan. He will not steal, rob or destroy me anymore.

*Deut. 33:25 and Luke 15:17-19*

Satan will not harass me, for I am the righteousness of God through Jesus Christ, my Lord and Savior.

*II Cor. 5:21*

Father, I thank You for sending angels to prepare the way for me. I thank you for favor for each hour's appointment. I thank you that I can choose LIFE and LOVE and not death and sin. I thank You for the armor I have on to protect me, and I thank YOU that I am covered by the blood.

*Ex. 23:20, Joshua 24:15, Eph. 6:10-17 and I John 1:7*

Father, I thank You that I walk in newness of life this day.

*Rom. 6:4*

## **Journal About Your Month & Experiences**

Let's plan now to celebrate the victories, breakthroughs, revelation, and blessings the Lord will bestow upon us throughout the month of January and the rest of the year. Take time to journal (write) your thoughts, happenings, and what you heard from and saw God do in your life and the lives of others around you. You can buy a journal or use a notebook to write in. Start here below.

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## **2026 Corporate Prayer List**

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## 2026 Cornerstone Church Corporate Prayer List

Throughout the year of 2026 pray over this list.

### Pray about the following topics and verses:

**Dismantling Fear** - Joshua 1:9 Be strong and be of good courage: do not be afraid. Pray that the Lord will give you strength to deal with the many things coming for the new year. Ask the Holy Spirit to guide you in prayer in this season of change, to grab hold and fasten yourself to the Word of God to dismantle fear.

**Faith** - James 1:3 because the testing of your faith produces endurance. Pray that God will give you the stamina to stand the trials of life that come to challenge our faith. God will give you endurance and persistence to stand the testing as our gaze is on Him. Pray that the trials will help us to grow in faith and develop in perseverance. Hold fast to your confession of faith.

**Times of Refreshing** - Acts 3:19-20 repent and turn back , so that your sins may be wiped out, that seasons of refreshing may come from the presence of the Lord. Pray for a time of refreshing in the Lord's presence. Refresh, renew and revive.

**Shifting** - Matt 21:21 Pray for supernatural moves of God. Pray for divine and spiritual shifts, that our hearts and mind will be open to receive all the Lord desires to do in this season.

**Spirit of Wisdom** - Ephesians 1:17-18 Pray for wisdom and insight of who you are in Christ.

**Divine Encounters** - John 4:13-14 Pray for encounters with God. You will know when you have been touched by God and your life will be changed forever.

**Kingdom Mindset** - Matt. 6:33 Pray to seek God first above everything else. Focus on the Kingdom.

**Shaken** - Acts 4:31 Pray that this place will be shaken when we gather together in prayer.

**Declare God's Word** - Hebrew 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Job 22:28 You will decree a thing, and it will be established for you. Declare the word of God. Make declarations of what the Word says and not what you see with your natural eyes. Speak to the situations that come against you knowing we have a Father that cares and is concerned about what you are concerned about. Speak out making affirmations of faith.

**Spiritual Authority** - Luke 10:19 I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. God has given us the Name of Jesus which is above everything. It carries power and authority. We as believers need to take action by faith in Him to speak God's promises to pass. This comes from intimacy and relationship with God.



**Spiritual Warfare** - 2 Corinthians 10:3-5 For though we live in this world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every act of disobedience, and once your obedience is complete. Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Pray we stand on God's Word, looking to Him. Our fight is not against flesh and blood, but we stand against the demonic forces and resist the enemy in the powerful Name that is above every name which is Jesus.

**Fresh Inspiration and Vision** - Habakkuk 2:3 For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay. Declare that lost vision and purpose be restored in Jesus Name. Declare we see our God's given destiny with a renewed mindset and become motivated to accomplish everything God has called us to do in Jesus Name.

**Another Level of Growth** - Ephesians 4:13-14 Until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. We declare that we grow and go to another level in the spirit. We decree another level of promotion come upon us to elevate us to new places of influence and leadership. We declare another level of growth develops and comes into full fruition in Jesus Name.

**Watch and Pray** - Matthew 26:41 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. Pray that we will stay alert and aware of the things that God is revealing to us. Rely on God's strength to keep us from falling, keep our minds on Him, who will keep us in perfect peace. Pray that we will stay persistent in prayer, spiritual alert and aware of the dangers that lurk around us to draw us away from Him. Stand firm in our faith in Him.

### **General Prayer Overview For The Congregation**

Pray that members would view God as their exalted Savior.

That members will cultivate their spiritual gifts and use them to build up the body of Christ.

Pray that every member will develop spiritually healthy relationships.

Pray that members will develop boldness to share their testimonies and the gospel with those they encounter in the community.

Pray that the Spirit will anoint men and women to teach biblical truth to the congregation.

Pray that men and women will learn their roles and responsibilities in the sight of God.

Pray that children will learn to respect their parents, school officials and church leaders.

Pray that leaders will lead with humility and honor.

## **More Specific Prayer Lists Below**

### **Cornerstone Church, Her Ministries, and Finances**

1. Pray that God will be glorified in our corporate worship experience and that His Spirit would empower our worship to exalt Him, edify His people, and expand His Kingdom.
2. Pray for Spiritual Instruction - Ecclesiastes 5:2 Do not be rash with your mouth, and let not your heart utter anything hastily before God. For God is in heaven, and you on earth; therefore, let your words be few.
3. Pray for Cornerstone to be like Jesus, a listener, especially in prayer. Listening is an element of prayer. Listening implies confidence that God truly desires to speak to us. Pray that our prayer should be a conversation, one in which we listen as much as we speak.
4. Pray the Word of God goes forth – Hebrews 4:12 For the word of God is living and powerful and sharper than any two-edged sword.
5. Pray that we become students of the Word. Pray that as we seek God's Word, that He would reveal to us just how powerful His Word is to those that seek it.
6. Pray that we develop a serious spirit to "Watch and Pray" – Matthew 26:40-41 What! Could you not watch with me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak. Watch – keep awake in order to guard or be on alert. Pray that we as Believers stay awake spiritually and keep guard. Pray we stay alert doing prayer noticing the tactics of the enemy. Pray the Lord will help us to observe the needs around us much more specifically.
7. Pray for Biblical Meditation – Isaiah 26:3 You will keep him in perfect peace whose mind is stayed on you. Pray as we spend time thinking thoughts of God, we will find tremendous depth and understanding that will touch all areas of our life. We will grow deeper into the ways of the Lord as we meditate on the Word.
8. Pray for God's called out people to fully obey God and not settle with partial obedience.
9. Pray for Revival – Isaiah 104:30 You send forth Your Spirit, they are created; You renew the face of the earth. Pray for personal, church, and national revival. Pray for the restoration of Godly foundation. Pray for restoration in every family, neighborhood, church, city and state.
10. Pray that Cornerstone will increase the trajectory of worship, prayer, Bible reading and orderly conduct.

11. Leadership – Jeremiah – 3:15 And I will give you leaders after my own heart, who will guide you with wisdom and understanding. Pray that the men and women's ministries will not only help develop disciples within our congregation, but also throughout the community. Pray for our Marriage and Singles ministries as they minister to people in the two areas of life that cause joy and pain (depending upon your circumstance). Pray for wisdom, direction, and biblical standing for both ministries. Pray for the Senior Adult Ministry that they will continue to meet the needs of those they serve in our growing senior population.
12. Pray that our leaders will seek Godly wisdom and have a heart that desires God's ways more than their own. Pray God will order their steps each day as their hearts are turned to Him for direction and decisions making.
13. Pray that God will grant us favor and enable Cornerstone to make substantial progress toward paying off our remaining mortgage indebtedness and build new structures on our land.
14. Pray for a spirit of generosity in Cornerstone. In many churches, a small percentage of attendees provide the largest amount of funds for the business of ministry. Pray for increase across the church as whole. Pray that Cornerstone will break the traditional pattern of giving and that the majority of the congregation will be cheerful givers. 2 Corinthians 8:7-9; 9:7.
15. Pray for the direction, funding and guidance for any future building projects on our property. Ask God to block any decision that doesn't align with His vision and to grant wisdom and a voice for declaration of what He would have us do. Pray for planned or anticipated building projects, that sufficient funds would be available, and that any mortgages on the property would be paid off quickly. 1 Corinthians 4:2
16. Pray for the maintenance and care of the current buildings. As they age, maintenance and upkeep is key for us to have a place of worship.
17. Pray for unity in the church. *"I, therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."* (Ephesians 4:1-3)
18. Pray that God would be glorified in all things and that the name of Christ is exalted. *"To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ."* (2 Thessalonians 1:11-12)
19. Pray that God's Spirit and power would fill the church. *"That He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."* (Ephesians 3:16-19)

20. Pray that the body of Christ would faithfully show love to a hurting world in His Name. *"Let all that you do be done in love." (1 Corinthians 16:14). "By this all people will know that you are my disciples, if you have love for one another." (John 13:35)*
21. Pray for God's provision and that the church would be faithful to give generously. *"And my God will supply every need of yours according to his riches in glory in Christ Jesus." (Philippians 4:19). "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"* (Acts 20:35)
22. Pray that the church would be faithful to go into all the world and share the gospel of Christ. - *"He said to them, "Go into all the world and preach the gospel to all creation." (Mark 16:15)*
23. Pray that God would wake up the church and stir us to action. - *"Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints," (Ephesians 6:18)*
24. Pray that Cornerstone will have a positive testimony in the community. Especially in this culture of thinly-veiled distaste towards all aspects of Christian faith, a clean testimony in the community is important. Be known for compassion, love, grace, and standing on the truth of God's Word no matter the protests and criticism. John 3:21; 1 John 4:7, 19.
25. Pray for volunteers. Pray that there will be enough volunteers to cover all the ministries of the church. Pray that volunteers will not be stretched thin and burned out on serving, but will maintain a balance between serving and being served. Acts 6:3-7
26. Pray for those who lead in musical worship. Pray especially that their preparation time will be a time of worship for them personally as they seek the leading of the Holy Spirit, and that the worship service will not be a 'show,' but will be an offering of praise. Psalm 150
27. Pray for a spirit of unity in the church. Too many churches are divided over personalities, style of worship, minor issues of personal preference, and other non-Biblical concerns. Pray that this spirit of division will not pervade your church, but that yours will be a church known for its peace and unity. Philippians 4:2-3
28. Pray for a spirit of understanding. The church is not a place for perfect people. Because of that mistakes will be made and people's feelings will get hurt. Pray that these universal problems of humanity will not cause members of the church to look down on some while elevating others. But that all members will realize and accept that everyone in the church is a sinner – some saved by faith and some that the Lord is still wooing. Philippians 2:1-4.
29. Pray that visitors to the church will have a positive first experience, from the parking lot to the invitation, and come back for more. Pray that the Lord will grow Cornerstone Church by bringing to it the people that He wants to serve in that location – people of all ages, races, and classes. We are all one in Christ. Acts 2:47.
30. Pray for of the ministries of the church...and the ministries yet to be developed.

## **The People of Cornerstone - Senior Pastor, Elders, Staff, Leaders, Teachers, Members and Their Families**

Pray that the People of Cornerstone and their families would:

- grow in grace
- be protected from the evil one
- experience the peace of God that surpasses all understanding
- obtain knowledge and wisdom for life and leading
- that it might be well with them all

Pray for spiritual formation in the life of the people and each member of their family.

Pray for a heart and mind directed towards Christ. - *“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” (Galatians 6:9)*

Pray to have a love for God’s Word and to walk in His wisdom, humility, and strength. - *“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, and I will forgive their sin and will heal their land.” (2 Chronicles 7:14)*

Pray for God’s power and protection against the attacks of the enemy. - *“And I tell you, you are Peter, and on this rock, I will build my church, and the gates of hell shall not prevail against it.” (Matthew 16:18)*

Pray for the people to gain wisdom from the Word.

Pray for the people to have perseverance and courage during difficult times.

Pray for the people to honor God in all of their decisions.

Pray for the people to have patience with others.

**Prayer for the people’s hearts** - When a person’s heart is aligned with God’s will, it influences their decisions, teachings, and the atmosphere around them. Pray for the people’s hearts to seek God’s guidance and wisdom, and anointing in their actions. Pray for their hearts to be attuned to God’s love and truth becoming an inspiration and setting a positive example for the community they live and move in.

**Warfare Prayer for the people** - We’re in a war that we can’t see, a spiritual battle. Ephesians 6:12 reminds us that we are in a battle with spiritual forces, not in a physical struggle. We may not see it, The enemy, the dark force, wants us defeated by tempting us with fear, worry, and anxiety. Pray that the people are covered in the full armor of God daily so they can be successful in all they put their hands to do.

Pray for the people’s finances. That they are able accomplish the goals set for themselves and their families.

Pray for physical health and mental health of the people. Life can bring about a heavy burden on people, both physically and mentally. Pray for God’s favor, healing, protection and direction on what steps the people should take to protect their physical and mental health.

Holiness... Pray that the people will stand their ground against all of the devil's schemes. Pray that they will desire holiness in their inner being.

Humility... We are all called to "be completely humble and gentle." Pray that the people will set that example in their lives, on their jobs, and in their homes. Pray for a spirit of humility for the people.

Pray for wisdom to walk worthy of our calling in Christ in the midst of the temptations of evil all around us.

Pray that our entire church will live lives of continual forgiveness.

Pray for spiritual and financial breakthrough in the lives of our people and for healing of souls.

Pray for a spirit of unity, togetherness, and love to spread across and throughout the church of Cornerstone that will spread throughout our community and nation.

Pray that each family in Cornerstone will be disciplined and focused to practice sound scriptural money management principles, get out of debt, and honor God's Kingdom with our giving.

Pray for spiritual formation in the lives of each church member and in the lives of their family members.

Pray that we develop a real and active relationship with Christ.

Pray for the church to have a love for God's Word and to walk in His wisdom, humility, and strength. - *"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, and I will forgive their sin and will heal their land."* (2 Chronicles 7:14)

Pray for God's power and protection against the attacks of the enemy. - *"And I tell you, you are Peter, and on this rock, I will build my church, and the gates of hell shall not prevail against it."* (Matthew 16:18)

Pray that the congregation will enthusiastically accept the vision of the leadership. Pray that all things necessary will be done so that vision will be accomplished. 1 Timothy 5:17

Pray for those who have suffered a job loss or lack of employment. Pray that they find a better job, paying more, and/or find employment for those seeking.

Pray for those who are and have been suffering with sickness and poor health.

Pray for our widows and orphans...not only within Cornerstone, but those across the church globally.



## **The Lost / Those Who Need Jesus**

Pray that the lost will be saved and that the backslidden will return to Jesus.

Pray for the lost family members of Cornerstone Church members, as well as those we encounter on a daily basis.

Pray that each Sunday the Lord will lead the right lost seekers to our church. Those who need Jesus as Lord and Savior. Pray that they will be ministered to effectively and loved abundantly. Acts 2:41; 16:14

Pray for an evangelistic spirit to pervade the members of the church.

Pray that each week members of our church will have clear opportunities to build relationships and share the message of Jesus. Acts 2:46-47

### **Pray That The Lord of the Harvest Will Supply Our Needs**

"Then He said to His disciples, 'The harvest is plentiful, but the workers are few. Therefore, beseech the Lord of the harvest to send out workers into His harvest'" (Matthew 9:37-38).

### **Prayer for Blinded Minds**

"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God" (II Corinthians 4:4).

Because Satan has blinded the minds of those who have yet to know Christ, their minds need to be opened to see the true light of His gospel. As we pray, God moves to change hearts and minds. He makes a way in the most difficult of circumstances for those who are lost to be saved.

Pray this for those you know who are not saved and insert their names in the blank lines:

**Father, I pray that You will send people continually into \_\_\_\_\_'s life who will share the gospel with him/her (Romans 10:14). Father, I plead in the name of Jesus that You will put a new heart in \_\_\_\_\_ and that You will place Your Holy Spirit in him/her, according to Jeremiah 42:30; and Ezekiel 11:19-20.**

## **The Church World Wide and Missions**

Pray for the church in America and around the world and for the missionaries serving God across the globe.

Pray that the church worldwide will grow in the Word of God

Pray that the church worldwide will develop a real and active relationship with Christ

Pray for Kingdom Growth

Pray for the leaders of the church worldwide, that their hearts and minds are directed towards Christ. - "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." (Galatians 6:9)

Pray that God would wake up the church and stir us to action. - “Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,” (Ephesians 6:18)

Pray for cooperation in the community among theologically like-minded churches. As barriers – denominational, racial, ethnic, class – come down the Church as a whole can accomplish more than any church can do on its own. Philippians 1:18

Pray for those Believers in churches (underground and hidden) who are being persecuted for declaring Jesus is Lord. Pray for the persecuted church.

Pray that God would grow our faith as He grows HIS global church.

Pray for a vision for missions. - A Jesus-focused church will take seriously the ‘go into all the world’ command that He gave, and will endeavor to be a part of the going, sending, and supporting of missionaries. Matthew 28:19-20

### **Pray For Jerusalem**

*“Pray for the peace of Jerusalem: ‘May they prosper who love you. Peace be within your walls, Prosperity within your palaces.’ For the sake of my brethren and companions, I will now say, ‘Peace be within you.’ Because of the house of the Lord our God I will seek your good.” Psalm 122:6-9.*

Pray for more Christians to pray for Israel.

Pray for the eyes of the Jewish people to see and know Jesus as Messiah and that He will come quickly.

Pray against any antisemitism.

Pray for those in the Middle East to know the Messiah.

Pray for Believers to grow in passion for Jewish evangelism.

Pray for Hope ... for God’s Holy Spirit to remove bitterness and complacency from the hearts of Israel’s people; for them to believe that peace is actually possible in their city.

Pray for Security ... for Christ to spread His powerful protection around this place, preventing even the empty threat of attack from outside enemies.

Pray for Harmony ... for God to turn the hearts of people toward compassion and kindness; for children to lead the way in the rising up of a generation that longs to treat all in Jerusalem as brother and sister.

Pray for the Family ... for Jesus to knit families together in wholeness and health, in ways that repulse fear and hate in exchange for love and joy.

Pray for the Economy ... for the people of Jerusalem to have ample opportunity and ability to provide for themselves and their families, to give generously to others, and to no longer be divided over who “has” and who “has not.”

Pray for Worship ... for Christ’s Holy Spirit to be not simply present, but undeniably known in obvious ways within the hearts and expressions of His truly beloved people—Jew and Arab alike.

## **The Poor / Homeless**

*Almighty and most merciful God, we remember before You all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have no one to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor and a sacrifice for our sins. In The Name of Jesus Christ our Lord.*

*Lord, we pray for everyone who is living in poverty in our community. We pray that You would lift them up and give them hope. Show us how to do our best and Your best for other people. Help us try our best each day to pray for individuals and families living in poverty in our community. Show us how to be the hands and feet of Jesus and to show His love. Help individuals and families in poverty to have a voice, and help us to be Christ's voice on their behalf.*

*Lord, we pray for people who become suddenly impoverished, because of accidents, health crises, job layoffs, natural disasters, etc. Give them strength and let them know hope and know that there is a way out, and help them not to give up and lose heart. In Jesus Name.*

Pray for the Lord to pour out His grace on hungry people – men, women and children.

Pray for children affected by malnutrition.

Pray for those who can't find work to provide for their families, and for the children who forgo an education, so they can work to help put food on the table.

Pray for those who are living without adequate healthcare, for those who are sick and dying from treatable diseases.

Pray for the land that is dry and barren due to drought, and for the people who have lost their crops and livestock to the parched land.

Pray for many to come to know the love of the Savior, and to surrender their lives to Him.

### **Pray for those in destitute situations – pray for:**

Their strength, courage and peace.

For them to not accept the situation but try to get out of it and not with violence

For the people to see a legal way they can get out

Physical needs – shelter, food, clothing

That they will not feel judged

Opportunities to receive and give back

Joy of the Lord

Transportation needs met

**Government / Officials / First Responders**  
**Military Personnel / Schools and Educators**

Pray for those in authority and our civil servants: Government (National, State and Local)  
Pray for quality leadership, love of humankind, and God's direction for our nation.  
Pray for God's hand to shape the course of our nation according to His purpose and destiny.  
Pray that our leaders will seek godly wisdom and have a heart that desires God's ways more than their own.  
Pray that God will order their steps each day as their hearts are turned to Him for direction and decisions making.

**Pray for Federal Leaders** • President • Vice President • Secretary of State • Secretary of Defense • Secretary of the Treasury • Attorney General • Secretary of the Interior • Secretary of Agriculture • Secretary of Commerce • Secretary of Labor • Secretary of Transportation • Secretary of Energy • Secretary of Education • Secretary of Veterans Affairs • Secretary of Health & Human Services • Secretary of Housing & Urban Development • Secretary of Homeland Security • All Branches of the Armed Forces and U.S. Supreme Court

**Pray for State Leaders** • U.S. Senator • U.S. Representative • Governor • Lt. Governor • State Senator • State Representative • State Supreme Court Justices

**Pray for Local Leaders** • County Officials • Court Official • City Officials • Judges • Mayor • Police Department • Fire Department •

Pray for our military branches and the threat of war. Pray that there will be no war and that our military men and women will be safe, as well as the population of America.

Pray for the civil servants: Policemen, Sheriffs, Firemen, and First Responders. For safety, quality leadership, love of humankind, and God's direction for our Nation.

**Pray for the Educational System, Educators, Teachers, and School Employees**

Pray for restoration of godly principles in our education system

Pray for School Authorities (public & private)

Pray against physical harm.

Pray for teachers, teacher assistants, coaches, para-professionals, custodians, cafeteria and office workers.

Pray for the school board to not be politically driven and racially divisive. That they will have wisdom in their decision making for the schools

Pray for Principals, Assistant Principals, and Superintendents

Pray for all workers within the educational system

Pray for secondary education and the professors who impact our young adults.

Pray for revival on campuses and in the lives of the students. On campuses where there was no major Christianity impact, ask God to "VIVE" those campuses and then bring a continual re-VIVAL of His Spirit on the campus.

Pray that young adults will not walk away from the church as they go off to college, but will remain attached to Jesus and involved in a Biblical sound church ministry where they attend school.

Pray that school fulfills its purpose - giving our children an education.

Pray for our children's influences.

# LIVING THE FRUIT OF THE SPIRIT

## 2026 A CHURCH-WIDE INITIATIVE

**Theme:** Galatians 5:22–23

**Objective:** To foster spiritual growth and community engagement by encouraging the membership to actively demonstrate one Fruit of the Spirit each month, beginning January 2026.

The project is designed to help CBC members understand and apply the nine Fruit of the Spirit through practical activities by:

- Encouraging spiritual reflection.
- Building community among the members.
- Reinforcing CBC's vision of spiritual formation and discipleship.
- Developing spiritually and relationally by embodying Christ-like character in everyday life.

### MONTHLY FRUIT OF THE SPIRIT PROJECT

FRUIT	BIBLE VERSE	MONTH
Love	" <b>Love</b> one another as I have loved you." ( <i>John 13:34</i> )	January
Joy	"The <b>joy</b> of the Lord is your strength." ( <i>Nehemiah 8:10</i> )	February
Peace	"If it is possible, as far as it depends on you, live at <b>peace</b> with everyone." ( <i>Romans 12:18</i> )	March
Patience	"Be completely humble and gentle; be <b>patient</b> , bearing with one another in love." ( <i>Ephesians 4:2</i> )	April
Kindness	"Be <b>kind</b> and compassionate to one another." ( <i>Ephesians 4:32</i> )	May
Goodness	"Do not be overcome by evil, but overcome evil with <b>good</b> ." ( <i>Romans 12:21</i> )	June
Faithfulness	"If we confess our sins, he is <b>faithful</b> and just to forgive us our sins and to cleanse us from all unrighteousness." ( <i>1 John 1:9</i> )	July
Gentleness	"Let your <b>gentleness</b> be evident to all." ( <i>Philippians 4:5</i> )	August
Self-Control	"Like a city whose walls are broken through is a person who lacks <b>self-control</b> ." ( <i>Proverbs 25:28</i> )	September

*\*Feel free to choose a passage that supports and deepens your reflection on each month's fruit.*

## Project Components

- **Monthly Objective:** Focus on one fruit with supporting verses.
  - **Monthly Staff Devotional:** Staff will present a digital devotional monthly associated with the Fruit of the Spirit.
  - **Practical Challenge:** The goal is to demonstrate each fruit in real-life situations (e.g., kindness challenge, patience in waiting).
  - **Group Sharing:** Discuss progress and encourage accountability within the Connect Groups and ministries.
  - **OPTIONAL - Reflection Journal:** Record experiences and insights.
- 

## SCRIPTURE REFERENCE: LIVING THE FRUIT OF THE SPIRIT

*Galatians 5:22–23 – “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

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## Summary

The Fruit of the Spirit is not a check-list, it's the evidence of God's work in us. These nine qualities reflect Christ's character and grow as we walk in step with the Holy Spirit. The project will run from January 2026 – September 2026.

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## Reflection on Each Fruit

1. **Love** – God's love is unconditional. How can you show sacrificial love today? (*John 13:34*)
2. **Joy** – Joy is rooted in God, not circumstances. What brings you lasting joy? (*Nehemiah 8:10*)
3. **Peace** – True peace comes from trusting God. Where do you need His peace? (*Matthew 5:9*)
4. **Patience** – Waiting with grace honors God. Who needs your patience today? (*Ephesians 4:2*)
5. **Kindness** – Kindness opens hearts. What simple act of kindness can you offer? (*Ephesians 4:32*)



6. **Goodness** – Choose what is right even when it's hard. How can you reflect God's goodness? (*Romans 12:21*)
  7. **Faithfulness** – Stay committed in small things. Where can you be more faithful? (*Revelation 2:10*)
  8. **Gentleness** – Strength under control shows humility. How can you respond gently today? (*Philippians 4:5*)
  9. **Self-Control** – Discipline protects your witness. What area needs surrender to God? (*Proverbs 25:28*)
- 

## **Examples of Demonstrating the Nine Fruit of the Spirit in Everyday Life**

### **1. Love**

- Volunteering to help someone in need without expecting anything in return.
- Showing compassion to someone who is struggling.

### **2. Joy**

- Maintaining a positive attitude even during challenging times.
- Celebrating others' successes wholeheartedly.

### **3. Peace**

- Mediating a conflict between friends calmly and respectfully.
- Choosing forgiveness instead of holding grudges.

### **4. Patience**

- Waiting your turn without complaining, particularly in long lines or traffic.
- Supporting someone who is learning a new skill without frustration.

### **5. Kindness**

- Offering a word of encouragement to someone feeling down.
- Helping carry groceries for an elderly neighbor.

### **6. Goodness**

- Standing up for what is right, even when it's unpopular.
- Returning lost items instead of keeping them.

### **7. Faithfulness**

- Keeping promises and commitments.
- Consistently attending church or Bible study.

### **8. Gentleness**

- Speaking softly and respectfully during disagreements.
- Handling criticism with humility instead of anger.

### **9. Self-Control**

- Resisting the urge to respond harshly when angry.
  - Managing time wisely instead of procrastinating.
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## Prayer

Heavenly Father,

Thank You for the gift of Your Spirit that produces fruit in our lives. Today, I ask that You help me walk in Your Spirit so that these qualities shine through me.

Lord, it is my earnest desire to learn from You how to love others without condition, just as You have loved me; fill my heart with joy that is not dependent on circumstances but rooted in Your presence; grant me peace that surpasses understanding, even in times of uncertainty; help me to wait with grace and endure trials without complaint; let my words and actions reflect kindness toward everyone I meet; shape my character so that I choose what is good and pleasing to You; strengthen my commitment to You and to the responsibilities You've entrusted to me; may I respond to others with humility and gentleness, even when provoked; give me discipline to resist temptation and live in a way that honors You.

Lord, let these fruits grow in me daily so that my life reflects Christ and draws others to Your love.

In Jesus' name, Amen.

**Notes:**



5415 Matlock Rd. | Arlington, TX 76018  
cbcarlington.org | FB/TW/IG/YT @CornerstoneTX