



DO THE ONE THING

DEVOTIONAL



WORSHIP

PRAYER

FASTING

SCRIPTURE

SILENCE

TABLE OF CONTENTS

Introduction 3

DEVOTIONALS

Worship 4

Prayer 12

Fasting 20

Scripture 28

Silence 36

Closing Statement 44

35 DAYS OF EXPERIENCING GOD.

THE WHY BEHIND IT.

There are many ways to experience God. There are many ways to encounter Him. There are many voices telling us we must find God in a certain way, and it can feel confusing and overwhelming. When there are so many directions to choose from, we can freeze and do nothing at all—or try so many things that we lose sight of who we are truly seeking.

Over the next 35 days, we will explore five different ways to experience God. Each week, you'll be challenged to focus on just one thing—one simple practice designed to draw you closer to Him. The weekly message will introduce a spiritual discipline and invite you into one intentional step that helps you experience God more deeply while growing in knowledge and faith.

This booklet is your guide for the next 35 days as we journey toward Easter. Set aside time each day to read the devotional and practice the one thing.





WORSHIP

DAY
1

DO THE ONE THING WORSHIP 🙌

Matthew 21:9

The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David!” “Blessed is he who comes in the name of the Lord!” “Hosanna in the highest heaven!”

Holy Week doesn’t begin with the cross. It begins with worship.

As Jesus entered Jerusalem, the crowds laid down cloaks and branches and shouted, “Hosanna!” Praise filled the streets before pain filled the sky. Before sacrifice came song. Before suffering came celebration. Worship set the direction for everything that followed.

This matters because we often delay worship until after breakthrough. We tell ourselves we’ll praise when the prayer is answered, when the door opens, or when the burden lifts. But Scripture shows us the opposite pattern: worship should come first. Worship prepares the road for Jesus to enter our circumstances.

The people in the Bible didn’t always fully understand what kind of king Jesus would be — and yet they worshiped anyway. Their praise was bigger than their understanding. That’s still true today. You don’t need complete clarity to offer complete worship.

Worship is not a finishing move — it’s a starting posture. When you begin your day with worship, you are laying down your expectations, your timelines, and your control. You are saying, “Jesus, meet me here.” Praise creates space for His presence.

Don’t wait until the week is hard to try worship as a last resort. Start with it. Let worship go first. Let worship lead.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS



DAY
2DO THE ONE THING
WORSHIP **Psalm 100:1–2**

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs.

Many of us overcomplicate spiritual growth. We set massive goals, build detailed plans, and then feel discouraged when we fall short. But transformation usually doesn't come from dramatic moments — it comes from daily practices. One consistent thing can change everything.

Worship is that one thing.

Psalm 100 doesn't say, "Make a perfect sound." It says, "Shout for joy." That means worship is accessible every day, for every person, in every season. Not polished — practiced. Not rare — repeated. There is no "right" way to worship.

Small acts of worship then create spiritual momentum. A simple song in the car. A prayer of gratitude spoken out loud. A whispered "Thank you, Lord" when you're walking in the park. These are all micro—wins for the soul. And when you stack enough of them, your faith and your worship grow stronger.

The thing to remember is that consistency beats intensity. Five minutes of daily worship shapes your heart more than one emotional moment a month. If you aren't consistent in your worship, you won't be consistent in your faith.

Worship is not only an expression — it is alignment. Each time you worship, you re—center your priorities. You remind your heart who God is and who you are not. You reset your spiritual posture.

Don't wait for the perfect mood. Don't wait for extra time. Choose the one faithful act and do it. Find one small, repeatable worship habit that you can commit to and treat it like an appointment. Don't miss it.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS

DAY
3
DO THE ONE THING
WORSHIP 
Psalm 63:3–4

Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

Worship is a declaration of value. It signals what matters most.

David writes, “Because your love is better than life, my lips will glorify you.” That is the language of priority. His worship in this passage of Scripture is announcing that God is not one important part of life — He is the center of it.

Every day, your attention is being competed for. Notifications, deadlines, fears, and desires all compete for first place in your heart. Worship is our ability to push back. When we worship, it re—aligns and re—orders our priorities.

What you consistently praise, you place above yourself. That’s why worship is powerful — it dethrones lesser kings. Anxiety loses its throne. Approval loses its throne. Control loses its throne. God alone is lifted higher.

Worship is not flattery — it is alignment with reality. God is already worthy. Praise simply agrees with truth.

When worship becomes regular, your perspective changes. Problems shrink to proper size. Gratitude grows. Urgency softens. Identity steadies.

You become what you behold. When you behold God in worship, your heart is reshaped around His greatness instead of your pressure.

What has been fighting for your attention lately? Is it winning? Is something other than God being placed first in your attention and thought? Pray that the Lord would reset your priorities and be first in your decisions, your affections, and your time.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS



DAY
4

DO THE ONE THING WORSHIP 🙌

Matthew 26:30

When they had sung a hymn, they went out to the Mount of Olives.

After the Last Supper, before He was betrayed, before His arrest and crucifixion — Jesus sang.

He didn't rush past the hymn. He didn't skip the worship moment because pressure was coming. He sang on purpose. Worship was preparation for what He was about to endure.

We often think worship belongs only in celebration. Jesus shows us that it also belongs before suffering. Praise has the ability to strengthen the soul ahead of pressure. It doesn't deny the reality that we find ourselves in, but it can fortify us to face it.

The final hymn that Jesus and His disciples sang likely included Psalm 118 — a victory song. Imagine Jesus singing victory lyrics knowing the cross was hours away. That is not denial — that is anchored trust.

When you worship before the hard conversation, before the diagnosis, before the unknown, you are building spiritual resilience. You are reminding your heart that God's plan is bigger than your moment. What are you facing right now that needs worship preparation?

Worship can prepare your courage. It can steady your desire for control. It can soften your fear.

Don't wait until after you have been brought through the storm to sing. Sing your way through it instead.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS

DAY
5
DO THE ONE THING
WORSHIP 🙏

Acts 16:25

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.

Paul and Silas sang in prison — not after their release, but before it.

They weren't in a comfortable worship environment. No stage, no band, no good acoustics. Just chains, pain, and uncertainty. Yet at midnight, they were praying and singing hymns to God. Their worship was not mood—driven. It was conviction—driven.

Most of us naturally connect worship with positive emotion. We sing when we feel grateful, relieved, inspired, or moved. But some of the most powerful worship in Scripture happens in the opposite conditions — grief, confinement, loss, and pressure. That's because true worship is not built on circumstance, it is built on God's unchanging worth. This is what the Bible often calls a sacrifice of praise — worship offered when it costs something.

Sacrificial worship is honest. It doesn't pretend everything is fine. It simply declares that God is still worthy in the middle of what isn't fine. It says, "I don't understand this, but I still trust You. I don't like this, but I still praise You." Also, other prisoners were listening to them. Worship in hardship becomes a witness. When you choose praise in difficulty, it carries beyond you. It strengthens your heart and signals hope to others who are watching how you walk through pain.

Worship in hard moments also breaks something internally. It loosens fear's grip. It interrupts spirals of anxiety. It reminds your soul that your situation is not your Savior — God is. You may not feel like singing today. That's okay. Turn your attention toward God and offer what you can. A whispered prayer. A spoken thank you. A trembling hallelujah still counts.

Sometimes breakthrough follows worship. Sometimes endurance follows worship. Both are victories.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS



DAY
6

DO THE ONE THING WORSHIP 🙌

Psalm 118:15–17

Shouts of joy and victory resound in the tents of the righteous: “The LORD’s right hand has done mighty things! The LORD’s right hand is lifted high; the LORD’s right hand has done mighty things!” I will not die but live, and will proclaim what the LORD has done.

Palm Sunday praise came from Psalm 118 — a victory psalm sung before the victory looked visible.

The crowd sang it as Jesus entered the city. Days later, Jesus sang from that same psalm before going to the cross. Same song — completely different circumstances — same truth. That tells us something important: worship is not tied to outcomes. It is tied to identity and trust.

Worship is a victory declaration ahead of results. It speaks truth before circumstances agree. It says, “God is my strength” before strength is felt. It says, “This is the day the Lord has made” when the day looks uncertain. It says, “I will not die but live” even in seasons that feel like loss.

This is not denial — it is defiant trust.

When you worship this way, you are not pretending the battle isn’t real. You are declaring that God is bigger than the battle. Worship shifts you from outcome—centered living to sovereignty—centered living. It anchors your confidence in who God is, not in how fast things change.

Victory worship also reshapes your inner dialogue. Instead of rehearsing fear, you rehearse truth. Instead of magnifying obstacles, you magnify God. Praise retrains your perspective.

Sometimes breakthrough follows worship. Sometimes endurance follows worship. Always, strength follows worship.

Don’t wait to see victory before you sing. Sometimes the song is what carries you into it.

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS

DAY
7
DO THE ONE THING
WORSHIP 🙌

Psalm 100:1

Shout for joy to the LORD, all the earth.

Worship is participation, not performance.

God never asked for perfect pitch — only joyful noise. That phrase removes every excuse. You don't need training, talent, or confidence. You just need willingness. Worship is not about sounding good; it's about surrendering honestly. Expression matters because engagement matters.

Joyful noise is accessible worship. Clapping. Singing. Whispering. Shouting. Kneeling. Lifting hands. Walking and thanking God. Drumming your steering wheel. Singing in the shower. Praying out loud in your kitchen. It all counts. Worship is not confined to a sanctuary — it is a lifestyle of expressed honor.

Many people hold back in worship because they feel awkward. But Scripture suggests something deeper: what feels unusual in culture may actually be normal in heaven. Worship feels strange mainly because full surrender is rare. We're used to people being passionate about sports, success, and entertainment — but wholehearted devotion to God stands out.

Joyful noise is not emotional hype — it is relational honesty. It says, "God, You matter more than my image, my comfort, and my self—consciousness."

There is also something spiritually strengthening about audible praise. When your voice participates, your focus increases. Your thoughts align. Your body agrees with your belief. Worship becomes embodied truth, not just internal thought.

And joyful noise is contagious. Psalm 100 calls all the earth to it. Your praise gives others permission to praise. Your freedom helps free the room.

Finish this week the way Holy Week begins — with worship. Not quiet and timid, but passionately expressed. Jesus is our hope!

DO THE ONE THING: GIVE GOD PRAISE TODAY FOR HIS UNFAILING GOODNESS





PRAYER

DAY
1

DO THE ONE THING PRAYER 🙏

Psalm 118:5

In my distress I prayed to the Lord, and the Lord answered me and set me free.

Distress has a way of making the world feel small. When life begins to pile up with worry, fear, and disappointment, it feels overwhelming. It can feel like the walls are closing in. Psalm 118:5 speaks to that type of moment, where it feels heavy and uncomfortable. This verse meets us in the moments we don't have things all figured out.

What stands out is the simplicity of the response: prayer. Not after every option is exhausted. Not once the right words are found. Just an honest turning towards the Lord with what is heavy. God doesn't ask for polished prayers — He invites real ones. Prayer is simply saying, "I need You," and trusting that He is close enough to hear.

The verse then moves into hope with "the Lord answered me and set me free." Freedom here feels like breathing again. Like stepping out of a crowded, anxious space into open air. God doesn't ignore distress or minimize it — He meets it. The answer may not always look the way it was expected, but it always carries His presence, and His presence brings room to live again.

Psalm 118 was meant to be shared among God's people, turning one story of deliverance into encouragement for many. When we remember the ways God has answered before, faith grows in the places that still feel unresolved. Testimonies remind us that we are not the first to feel trapped, and we will not be the first to be freed.

Distress doesn't get the last word. Prayer becomes the bridge between fear and freedom, and God remains faithful in both. The same God who answered then is still listening now. He is still creating wide spaces out of narrow places. He is still bringing peace where pressure once lived.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING



DAY
2

DO THE ONE THING PRAYER 🙏

Mark 11:23-24

I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you've received it, it will be yours.

Mountains show up in life without warning, and they come in all shapes and sizes. They are impossible situations and problems that feel far bigger than faith. Mark 11:23-24 speaks to these mountains that unexpectedly pop up in life and invites us to a big belief and bold faith that feels uncomfortable. A faith that expects God to move.

Jesus connects faith with words. Speaking to the mountain means refusing to let fear have the loudest voice. It is choosing to agree with what God can do instead of replaying all the things that feel impossible. Faith is not pretending the mountain is not there, but it is believing God is bigger than it.

There is a shift from the mountain to prayer in Mark 11:23-24. Prayer is not wishful thinking. It is confident conversation with God. Believing before seeing is counter-cultural, but this is exactly the invite Jesus extends — trusting and believing when things don't seem to be changing.

This scripture carries a promise from God. When His people pray with honest and persistent faith, mountains move not because it is impressive, but because of who God is. Prayers are never wasted, even if the answers take time. Faith reshapes how to stand in the front of the mountain. Jesus invites his followers to pray like God is listening, because He is, and believe He is working because of who He is.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING

DAY
3

DO THE ONE THING PRAYER

Matthew 17:20

"You don't have enough faith," Jesus told them. "I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible.

A mustard seed is so small that it could be lost in the palm of your hand. Yet if that is how much faith you had, it would be enough. Matthew 17:20 reminds us that faith is not measured by size or strength, but by where it is placed. Even the smallest trust in God can shift big things that feel impossible.

Mountains in our lives rarely look like dirt and rocks. They look like anxiety, broken relationships, dreams that feel out of reach, and prayers that haven't been answered. Jesus does not just ignore how those things feel, but Jesus refuses to call them permanent. When Jesus speaks, movement is possible.

Jesus doesn't say faith has to be perfect, He says small, honest belief is where you begin. Prayer shifts it from human ability to God's power. Mountains begin to move because God responds to trust. Even the smallest faith placed in God can open the door for Him to work in ways that can't be created on our own.

Matthew 17 invites us to see obstacles differently. Instead of focusing on how large the mountains may be, we are invited to be reminded of how faithful God has been. What feels impossible to face is possible for Him to change. The size of the mountain does not cancel the nearness of God.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING



DAY
4

DO THE ONE THING PRAYER 🙏

Mark 9:28-29

Afterward, when Jesus was alone in the house with his disciples, they asked him, "Why couldn't we cast out that evil spirit?" Jesus replied, "This kind can be cast out only by prayer."

There are moments in faith where things feel confusing. The disciples had seen miracles, prayed before, and been a part of amazing moments in ministry, yet this time nothing happened. This moment captures a quiet, honest moment behind closed doors — why didn't it work? It is a question that anyone who has prayed and still felt stuck understands.

Jesus's answer is simple — some things require prayer. Not a better strategy or trying harder, but a deeper dependence. Prayer is not the last step after everything fails. It is the first and the most important.

This reminds us that not all prayers are answered the same way, or at the time we think that they should be, or even how we think they should be answered. Prayer becomes less about the outcome, but staying connected to the One who holds the power. Prayer gives permission to bring the honest truth to God without shame.

Mark 9:28-29 is an invitation to turn to prayer first. These verses shift the focus from what we can do to who God is. Dependence is not weakness — it is where we are reminded of the power of our God.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING

DAY
5
DO THE ONE THING
PRAYER 🙏

Psalm 5:3

Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly.

Psalm 5:3 invites us to begin our day differently by bringing our first words to God — before the busyness and the responsibilities start pulling us in every direction. This Scripture speaks to our heart, allowing God to get the first word in before allowing the noise of the world we live in to have the first word.

This does not mean prayer can only happen in the morning, but it reminds us that God deserves the first place in our thoughts — not the leftovers of our energy. Praying is giving Him our requests and moving forward with open hands instead of tight fists.

The second half of the verse where it says, “and wait expectantly,” is just as important. Prayer is not only talking — it is learning to listen. Expectancy changes the way we pray. Instead of tossing words into the air, we begin to actually believe that God hears, cares, and responds in His time.

Waiting can feel uncomfortable. Most of life trains us to rush, check results immediately, and move on when answers are slow. But this verse calls us to a patient kind of faith — a faith that prays and then watches for God to move, even in small ways.

Psalm 5:3 reminds us that prayer is less about saying the perfect thing and more about faithful presence. God isn't measuring how spiritual the words sound. He is welcoming a relationship that begins again each morning. Every new day becomes an invitation to trust Him with what lies ahead.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING



DAY
6

DO THE ONE THING PRAYER 🙏

Matthew 21:13

He said to them, "The Scriptures declare, 'My Temple will be called a house of prayer,' but you have turned it into a den of thieves!"

Jesus entered the temple and saw something that didn't match God's heart. The place of prayer turned into distraction and self-interest. This verse shows us that Jesus deeply cares about what fills physical spaces, but also spaces in our lives — like our hearts.

When Jesus calls the temple a "house of prayer," He reminds us of the original intention. Prayer is the center, not just an afterthought. It is the main thing. A place where people could communicate with God and build in relationship with Him. Jesus was bringing everything back to the center with what matters most: a relationship with God.

It is easy for life to begin to be a crowded temple, with crazy schedules, comparison, anxiety, and busyness. Where all of the sudden there is no more space for stillness with God and to be in relationship with Him. Without noticing, prayer can become the last solution instead of being the first action. This verse invites a gentle but honest question: "what has moved into the space that belongs to God?"

Jesus was not just focused on correction, but also on restoration. He wanted the temple to be what it was originally intended — a place where people could encounter God freely. This also extends to our lives. He is looking for hearts that make room for Him.

Matthew 21:13 reminds us that prayer is not a religious activity, it is the one thing that changes everything. When prayer becomes the center of everything, everything else begins to find its proper place. Jesus cares about clearing away what blocks connection with God.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING

DAY
7

DO THE ONE THING PRAYER 🙏

Matthew 21:21

Then Jesus told them, "I tell you the truth, if you have faith and don't doubt, you can do things like this and much more. You can even say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen.

Prayer becomes the meeting place between human need and God's power. When Jesus talks about faith without doubt, He is describing a heart that keeps returning to God instead of giving up in frustration. Prayer refuses to let fear have the final word. It chooses to believe that God is still listening, still working, and still able to do what seems impossible.

Speaking to the mountain is really an act of prayer. It is taking what feels overwhelming and placing it directly before the Lord. Prayer shifts the weight from our shoulders to His hands. It reminds us that the solution has never been more effort, but deeper dependence in Him.

Matthew 21:21 teaches us that prayer is not passive, is powerful. Every honest prayer declares that God is bigger than what stands in front of us. The hard things in life may be real, but they are never greater than the God who hears when we call.

When the disciples were amazed at the miracle in front of them, Jesus redirected their attention to the place it all began — talking to God. Challenges are not solved because we figure life out. They move because we bring our lives to the One who is all powerful.

DO THE ONE THING: KNEEL AND PRAY FOR 5 MINUTES TODAY IN THE MORNING AND IN THE EVENING





FASTING

DAY
1
DO THE ONE THING
FASTING 
Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

“Seek first” is such a bold and convicting statement. Not seek eventually. Not seek when life slows down. Not seek after every other priority has been addressed. First.

Seeking first is about order. It is about what occupies the front of our hearts and minds. Left unchecked, it is easy for responsibilities, ambitions, and distractions to take that position. We may still believe in God, still think about Him, but He is no longer first.

Fasting becomes a practical way to realign that order.

When we fast, we intentionally set aside food in order to give God our focused attention. The physical act of abstaining creates spiritual space. Hunger interrupts routine. It slows us down. It reminds us, again and again throughout the day, to turn our thoughts towards Him — to seek Him first.

Fasting is not about earning God’s favor or proving spiritual strength — it is about seeking. It is quietly returning our attention to Him. Each craving becomes a prompt: seek Him now. Each moment of weakness becomes an opportunity to depend on Him more deeply.

As we fast, we practice putting God first in a tangible way. We declare with our actions that His kingdom matters more than our comfort. And in that reordered space, we discover that when He is first, everything else begins to settle into its proper place.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS



DAY
2

DO THE ONE THING FASTING

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

We have a funny way of worrying about everything. We stress about what to wear, what coffee to order, what our day will look like before it starts. Even on vacation, what is supposed to be the most restful time, we're already thinking about dinner plans while we're still eating lunch. Our minds are always looking ahead, trying to manage every detail so we can feel a little more in control.

But if we slow down and pay attention, those small worries often reveal something deeper. They show how much we want to control outcomes, conversations, schedules, and results. Beneath the surface is the fear that if we don't hold everything together, it might fall apart. The mental noise becomes constant — a quiet hum of planning, predicting, and preparing for problems that may never come. Without even realizing it, that noise can drown out a steady trust in God's care.

Fasting is not just about abstaining from food. It is a deliberate step away from what makes us feel secure and self-sufficient. When we fast, we loosen our grip on control. Hunger reminds us that we are not sustaining ourselves. We are dependent, and that dependence is an invitation to trust. Instead of solving, fixing, and forecasting, we pause. We sit with the discomfort. We invite God in.

Every moment of hunger interrupts the noise. It becomes a quiet reminder that peace does not come from managing tomorrow, but from trusting the One who holds it.

Fasting is not really about losing something; it is about releasing control and rediscovering trust.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS

DAY
3
DO THE ONE THING
FASTING 
Matthew 13:22

The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.

That image hits close to home. Most spiritual drift does not happen all at once. It happens gradually. Life fills up. Responsibilities increase. Concerns about the future quietly settle into our thoughts. The desire for stability, comfort, or success begins to take up more space than we realized. None of these things seem dramatic on their own. Yet over time, they press in around what God has planted.

Fasting becomes a gracious interruption to that slow crowding.

When we fast, we intentionally create space. We step back from things that have distracted us, and allow our hearts to quiet. In that stillness, we often begin to see what has been choking our spiritual life. Worry that felt normal. Pursuits that felt necessary. Habits that subtly dulled our hunger for God.

Fasting is about returning to God. It is repentance in action — a turning away from what has entangled us and a turning back toward the One who gives true life. We invite God to search the soil of our hearts and gently pull up what does not belong.

As the thorns are cleared, the Word has room again. Room to deepen. Room to strengthen. Room to take root without competition. We allow God to reorient our hearts, so what He has planted in us is no longer choked by the world, but free to grow.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS



DAY
4DO THE ONE THING
FASTING **John 15:5**

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

John 15:5 shows us a picture of complete dependence. A branch does not create life on its own. Its life, strength, and growth all come from the vine. Without that connection, it cannot survive. Fasting brings this reality close to home.

When we fast, especially from food, we quickly become aware of our need.

Hunger has a way of humbling us. It reminds us that we are not as self-sufficient as we sometimes believe. In the same way that our bodies depend on nourishment, our souls depend entirely on Christ. We may try to rely on our own discipline, productivity, or spiritual routines, but Jesus is clear: apart from Him, we can do nothing of real value.

Fasting gently exposes where we have been drawing life from other sources. Comfort, control, busyness — even good things can subtly replace a genuine relationship with God. When we set those things aside, we are not proving our strength, we are acknowledging our dependence. Each pang of hunger becomes an invitation to pray, to pause, and to return our focus to the true vine — to God. To “remain” in Christ is not complicated, but it is intentional. It means choosing to stay close. Bringing Him our weaknesses, our distractions, and our desires. Fasting creates space for that closeness. It shifts our attention from managing outcomes to abiding in His presence.

The promise is reassuring: when we remain in Him, fruit will come. Not because we forced it, but because His life flows through us. Fasting is not about deprivation. It is about deepening relationship, learning, again and again, that we truly need Him, and that in Him we have everything.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS

DAY
5
DO THE ONE THING
FASTING 
Matthew 4:1-2

Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. 2 After fasting forty days and forty nights, he was hungry.

What is so interesting about this passage is that Jesus entered the wilderness already fasting. Before being led into the wilderness to be tempted over and over by the devil, Jesus spent time with his Father in preparation.

Fasting did not remove the hardship, but it strengthened Him for it.

We often think of fasting as something we do when life is calm and we have margin. But Matthew 4 reminds us that fasting can also be a way of preparing our hearts for battle. The wilderness seasons of our lives, the moments of uncertainty — pressure, temptation, or decision are not times to drift from God. They are invitations to draw nearer.

Jesus was physically hungry, yet spiritually fortified. Jesus did not need to be tempted to help him depend more on God, stay humble, or test his Bible knowledge. But through Jesus' temptation he showed us the power of fasting. His body may have felt weak and hungry, but His spirit was anchored in truth. When temptation came, He responded with the Word of God. Fasting had not made Him fragile — it made Him focused.

In our own lives, testing is inevitable. We will face temptation, tragedy, loneliness, and overwhelming fear. Fasting does not earn God's help, but it positions our hearts to receive His strength. It quiets distractions and reminds us that we can only live on that which comes from God.

When we choose to fast during seasons of testing, or even in preparation for them, we are not trying to prove resilience — we are acknowledging our need. The wilderness may come, but we do not enter it alone. In fasting we are strengthened, not by our willpower, but by deeper relationship with the One who sustains us.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS



DAY
6

DO THE ONE THING FASTING

Matthew 22:14

For many are invited, but few are chosen

Previous to this verse, Jesus tells a story about a king who prepares a wedding banquet. One guest who enters the celebration comes without wearing the proper wedding garments, despite the king having made provision for what was required. At the end of the story the king says these words: “For many are invited, but few are chosen.”

This may seem like a strong statement from the king. In our culture, if someone wears jeans to a formal wedding it might be frowned upon, but it would not get you thrown out. But Jesus is not merely speaking about clothing. He is revealing something deeper about the heart. His invitation into relationship and salvation is generous, yet not everyone responds with surrender.

Fasting speaks directly to this tension between invitation and response. Many of us are invited into what God is doing. We are welcomed into relationship, purpose, and participation in His kingdom. Yet we still cling to our own plans, preferences, and comforts.

The guest without proper clothing represents more than a dress code violation. It reflects a heart that wanted the celebration without surrender. He entered the king's house but resisted the king's way.

Fasting is a tangible way of choosing God's plan over our own. It is a deliberate act of laying down comfort, appetite, and control in order to align our hearts with His purpose.

Many are invited. The question is how we respond.

Choosing God's plan is rarely passive. It is intentional. Through fasting, we step into that intention — responding to His invitation with wholehearted alignment.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS

DAY
7
DO THE ONE THING
FASTING 
Matthew 26:29

I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom.

When Jesus said this, He was sitting at the table with His disciples on the night of the Last Supper. He holds the cup in His hand, knowing that He is about to face the cross, sacrifice Himself, and die. And yet, He chose restraint. This was not just a statement about wine — it was a declaration of surrender.

Jesus willingly fasted — not because he had to, but because he was setting his heart on something greater. He was looking beyond immediate fulfillment to eternal joy. That is the heart of fasting.

Fasting is not about deprivation for its own sake. It is about choosing to say no to something good in order to say yes to something better. When we fast, we posture ourselves as Jesus did. We lay down sustenance to align ourselves with the will of God. We step into voluntary restraint as an act of trust.

Jesus' words, "until that day," also reveals hope. Fasting carries expectation. It reminds us that this world is not the final feast. There is a coming Kingdom. There is a future table. There is a joy that will be shared with Him.

When we fast, we feel hunger and we feel the absence. But that hunger becomes a teacher. It exposes our dependence and reorients our desire on something that will last. Every craving becomes a whisper: "Lord, I want You more."

One of the most radical things we can do is lay down our own plan for our lives and trust in God's plan because He is the one who can fill us for eternity.

DO THE ONE THING: FAST ONE THING KEEPING YOU FROM GOD FOR THE NEXT 21 DAYS





SCRIPTURE

DAY
1

DO THE ONE THING SCRIPTURE

Psalm 22:1

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?

Psalm 22 starts with a line that feels surprisingly relatable: “My God, my God, why have you forsaken me?” David isn’t pretending to be strong. He feels alone, unheard, and exhausted from crying out to God. And yet, he’s still talking to God. Even when he feels distant from God, he doesn’t walk away from the conversation.

That’s actually what faith looks like sometimes. It isn’t always confident and steady. Sometimes it sounds like confusion, frustration, or even disappointment, but you can stay connected. David keeps repeating, “My God.” He still believes the relationship is real, even if the circumstances feel painful.

Then something shifts. David says, “Yet you are enthroned as the Holy One.” In other words, “Even though I feel this way, I still know who You are.” He reminds himself that God has been faithful to generations before him. When Jesus is crucified, He quotes Psalm 22. Without knowing Scripture, you could conclude that Jesus feels as though God has abandoned him, when in reality, Jesus is facing the ultimate punishment on our behalf and is still clinging to who God says He is.

God’s word reminds us that silence doesn’t mean absence.

DO THE ONE THING: GIVE GOD YOUR FIRST 5



DAY
2

DO THE ONE THING SCRIPTURE

Psalm 22:11

Do not be far from me, for trouble is near and there is no one to help.

In the next section of Psalm 22, David talks about something many of us know well: feeling humiliated or misunderstood. He says people are mocking him and even making fun of his faith. In Psalm 22:8 it says, “He trusts in the Lord...let the Lord rescue him,” and they’re basically saying, “if God really cares about you, prove it.”

But right in the middle of that pain, David reminds himself of something powerful: God has been with him his entire life. “You brought me out of the womb... from my mother’s womb you have been my God.” David is saying, “People may question me, but I know my story. I know how long God has been faithful.”

That is such an important spiritual habit. When your current moment feels shaky, when criticism, rejection, or insecurity starts messing with your confidence, remembering your history with God steadies you. You can look back and see how God has guided you, protected you, and carried you through things you didn’t think you’d survive. Your identity isn’t determined by who understands you today, it’s shaped by the God who has been with you since the beginning.

Scripture shows us the faithfulness of God.

DO THE ONE THING: GIVE GOD YOUR FIRST 5

DAY
3

DO THE ONE THING SCRIPTURE

Psalm 22:19

But you, Lord, do not be far from me. You are my strength; come quickly to help me.

This middle part of Psalm 22 is intense. David describes feeling surrounded, exhausted, and completely worn down. Everything feels stacked against him. He uses dramatic images: lions, bulls, enemies closing in to describe how overwhelming life feels in that moment.

And yet, even here, he keeps praying: “Lord, do not be far from me.” That might seem simple, but it’s huge. Pain didn’t push David away from God — it pushed him closer. Instead of shutting down spiritually, he leaned in.

One of the most powerful truths in Scripture is this: struggling doesn’t mean your faith is weak. Sometimes continuing to turn towards God in the middle of struggle is the strongest kind of faith there is. You don’t have to have the perfect words. You don’t have to sound spiritual. You just have to keep talking to Him.

When life feels overwhelming, Psalm 22 shows us the right move. Stay connected. Keep praying. Keep asking for God to be near.

DO THE ONE THING: GIVE GOD YOUR FIRST 5



DAY
4

DO THE ONE THING SCRIPTURE

Psalm 22:31

They will proclaim his righteousness, declaring to a people yet unborn: He has done it!

Something surprising happens at the end of Psalm 22. The tone completely changes. The same psalm that started with “Why have you forsaken me?” ends with celebration, praise, and hope spreading to future generations. David moves from pain to confidence because he becomes convinced that God has heard him.

He says, “He has not hidden his face...He has listened to the cry for help.” Even though there was a season when God seemed silent, David realizes God was still working. Sometimes we only recognize God’s faithfulness after we’ve come through the hardest part.

Then the vision gets even bigger. David says people all over the world will one day turn to God, and future generations will hear the story: “He has done it!” In other words, God finishes what He starts. Deliverance becomes testimony, and testimony becomes hope for others.

That means the difficult seasons you walk through aren’t wasted. The ways God sustains you today may become the encouragement someone else needs tomorrow. Your story doesn’t end in the middle of the struggle. God is still writing it.

DO THE ONE THING: GIVE GOD YOUR FIRST 5

**DAY
5**
**DO THE ONE THING
SCRIPTURE** 
Isaiah 53:4–6

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

One of the most powerful truths in Scripture is that Jesus didn't just come to teach us, He came to carry what we couldn't carry ourselves. Isaiah writes, "Surely he took up our pain and bore our suffering...he was pierced for our transgressions...by his wounds we are healed." Written centuries before Jesus' crucifixion, this passage describes a suffering servant who would step into humanity's brokenness and take the weight of sin upon Himself.

Notice the exchange happening in these verses. Our pain, He carries it. Our sin, He bears it. Our punishment, He absorbs it. And what do we receive? Peace and healing.

This is the heart of the gospel. Jesus takes what belongs to us so we can receive what belongs to Him. The Hebrew language here emphasizes substitution: He suffers for us, not just with us. The cross was not random tragedy — it was intentional rescue.

Verse 6 makes the situation even more personal: "We all, like sheep, have gone astray." Sheep naturally wander, and the image reminds us how easily we drift — towards pride, fear, control, or independence from God. Yet instead of abandoning wandering people, God responds with mercy, "The Lord has laid on him the iniquity of us all." Every failure, every hidden struggle, every regret is placed on Christ.

This means you don't have to carry the guilt, shame, or pressure to fix yourself before coming to God. Jesus has already stepped into your place. Healing begins not when we pretend we're strong, but when we accept what He has already done for us.

DO THE ONE THING: GIVE GOD YOUR FIRST 5



DAY
6DO THE ONE THING
SCRIPTURE **John 19:16–30**

When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.

John’s account of the crucifixion is striking because of how calm and intentional everything feels. Jesus is not portrayed as a victim caught in events beyond His control. Instead, we see someone who knows exactly what He is doing and why. Verse 17 says Jesus carried His own cross to Golgotha. Even in unimaginable suffering, He is still moving forward with purpose. The cross was not forced on Him — it was embraced for us.

As Jesus is crucified, small details unfold that fulfill Scripture: soldiers dividing His clothes, the public sign declaring Him “King,” and even His final statements from the cross. These moments show that God’s plan is not falling apart, it is unfolding exactly as intended. What looked like defeat was actually redemption in motion.

Then comes the final declaration: “It is finished.” The Greek word Jesus used, “tetelestai,” was often written on receipts to mean “paid in full.” Jesus wasn’t saying His life was over; He was announcing that the work of salvation was complete. The debt of sin had been fully paid.

Nothing needed to be added. Nothing remained unfinished.

Scripture tells us we do not need to live trying to earn God’s approval. We live from the finished work of Christ. Forgiveness is not something we achieve — it is something we receive because Jesus already carried the cost.

DO THE ONE THING: GIVE GOD YOUR FIRST 5

**DAY
7**

DO THE ONE THING SCRIPTURE

Matthew 27:46

About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” (which means “My God, my God, why have you forsaken me?”).

The gospels are the same account of Jesus’ life through different authors, but only Matthew and Mark include this cry from Jesus on the cross: “My God, my God, why have you forsaken me?”

These may be some of the most emotional words Jesus ever spoke. In this moment on the cross, Jesus is quoting Psalm 22, a psalm that begins in deep suffering but ultimately ends in victory and praise. His cry is not random, it connects His suffering directly to the larger story God had already written. Even in pain, Jesus is pointing to Scripture and showing that what is happening is part of God’s redemptive plan.

But this moment also reveals something deeply personal. Jesus is experiencing the full weight of sin being placed upon Him. For the first time, the One who had always lived in perfect unity with the Father is feeling the separation that sin creates. He is stepping into the deepest human fear, the feeling of being abandoned, so that we would never have to face true separation from God ourselves.

Scripture shows us where Jesus’ death was prophesied, His sacrifice that completed the prophecy, how He fulfilled the ultimate plan God has for His people, and also how we fit into that plan. Scripture gives us purpose for our lives and strength for each day.

DO THE ONE THING: GIVE GOD YOUR FIRST 5





SILENCE

DAY
1
DO THE ONE THING
SILENCE 
Psalm 46:10

Be still, and know that I am God.

These words are both an invitation and a command. In a psalm that describes roaring waters, shaking mountains, and nations in turmoil, God speaks into the chaos with a simple directive: Be still. The Hebrew sense of this phrase carries the idea of letting go, ceasing striving, relaxing our grip. It is not passive indifference — it is active surrender.

Solitude and silence help us obey this command.

We often live in constant motion — physically, mentally, emotionally. Even when our bodies are still, our minds race with plans, worries, and unfinished conversations. We strive to control outcomes, manage perceptions, and secure our futures. Yet Psalm 46 reminds us that God is our refuge and strength. The call to be still is a call to trust.

Solitude creates space to step away from the noise of competing voices. Silence quiets the internal chatter that drowns out God's presence. In those quiet moments, we are reminded that the world continues without our constant management. God remains sovereign. He holds together what feels like is falling apart.

Being still does not mean problems disappear. The waters may still roar. The mountains may still tremble. But in stillness, we remember who reigns above the chaos. Silence shifts our focus from our limitations to God's sufficiency.

When we practice solitude, we declare that our identity is not rooted in productivity, but in belonging. When we embrace silence, we confess that God's voice matters more than the world's demands.

Today, carve out a few minutes to simply sit before the Lord. Breathe slowly. Release your striving. Whisper this truth to your own restless heart: "He is God." In that stillness, you may find peace — not because everything is calm, but because the Sovereign One is near.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE



DAY
2DO THE ONE THING
SILENCE **Matthew 12:19**

He will not quarrel or cry out; no one will hear his voice in the streets.

In a world that rewards volume, visibility, and constant self-promotion, Jesus stands in beautiful contrast. Matthew describes Him as gentle and unassuming — one who does not shout to make Himself known. His strength was not displayed through noise, but through quiet authority. His power did not depend on public spectacle, but on faithful obedience to the Father.

There is something deeply instructive about the quietness of Christ.

Solitude and silence draw us into His likeness. When we step away from the clamor of constant opinions and endless demands, we begin to see how much of our energy is spent trying to prove, defend, or announce ourselves. Yet Jesus, secure in His identity as the Son of God, did not need to fight or cry out.

Silence teaches us trust. It loosens our need to win every argument or have the last word. In solitude, we lay down the urge to be seen and instead rest in being known by God. We discover that fruitfulness does not require noise. Faithfulness does not require applause.

Christ's quietness was not weakness — it was strength under control. It was compassion choosing gentleness. It was power expressed through humility. When we practice silence, we align our hearts with that same Spirit. We become slower to speak, quicker to listen, and more attentive to the Spirit's leading.

Today, consider following the quiet way of Jesus. Resist the impulse to react immediately. Step into a moment of solitude. Let your heart grow still before Him. In that stillness, He shapes you — not into someone louder, but into someone more like Him: steady, gentle, and deeply anchored in the Father's love.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE

DAY
3
DO THE ONE THING
SILENCE ✎

Isaiah 30:15

For this is what the Lord GOD, the Holy One of Israel, has said:

'In repentance and rest you will be saved, In quietness and trust is your strength.'

God speaks these words to a restless people. Israel was anxious, fearful, and determined to secure safety through alliances and human strategies. Instead of turning first to the Lord, they trusted their own plans. Yet God, in mercy, reminds them where true strength is found. Not in striving, but in returning. Not in noise, but in quietness.

“In repentance and rest you will be saved.” Repentance is a turning — a deliberate shift of direction back towards God. Rest is the posture of one who knows the battle does not ultimately belong to them. Together, they form a powerful invitation: come back, and be still.

“In quietness and trust is your strength.” This feels backwards to our instincts. We assume strength comes from activity, from speaking louder, moving faster, doing more. But God declares that strength grows in quiet trust. Silence becomes the soil where confidence in Him takes root.

Solitude allows us to step away from frantic effort. In the stillness, we recognize how often anxiety has driven our decisions. We lay down our self-reliance and relearn dependence. Quietness is not weakness — it is surrendered confidence in a sovereign God.

When we sit silently before the Lord, we are not wasting time — we are aligning our hearts. We are confessing that He is enough. We are admitting that salvation, provision, and direction come from Him.

Today, embrace a few moments of repentance and rest. Turn your heart back to the Lord. Sit in quiet trust. You may discover that the strength you have been striving to manufacture has been waiting for you in stillness all along.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE



DAY
4DO THE ONE THING
SILENCE **James 1:26**

If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this person's religion is worthless.

These are sobering words. James reminds us that spiritual maturity is not measured by appearance, activity, or even knowledge — but by self-control, especially in our speech. The tongue reveals the condition of the heart. Unchecked words expose unchecked impulses.

Solitude and silence become powerful teachers here.

When we practice silence, we begin to see how quickly we speak — how often we interrupt, react, criticize, or defend ourselves. Words can be weapons or healing balm. They can build up or quietly destroy. James challenges us to “bridle” the tongue, like placing reins on a powerful horse. Strength is not in letting it run wild, but in guiding it wisely.

Silence trains restraint. It creates space between emotion and expression. In that space, the Holy Spirit can work. Instead of speaking from irritation or pride, we learn to speak from patience and love. Sometimes the most Christ-like response is no response at all.

Solitude also exposes what fills our hearts. If silence feels uncomfortable, it may be because it reveals inner restlessness. But that awareness is a gift. We can bring those impulses before God and ask Him to purify our hearts so that our words reflect His character.

True devotion is not loud or showy. It is steady, controlled, and sincere. A bridled tongue flows from a surrendered heart.

Today, consider practicing intentional silence. Before speaking, pause. Ask yourself: “Will these words honor God?” In quiet restraint, you may find that your faith grows deeper — not merely in what you profess, but in how you live.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE

DAY
5

DO THE ONE THING SILENCE ✂

Proverbs 25:11

Like apples of gold in settings of silver Is a word spoken at the proper time.

This proverb paints a picture of beauty and craftsmanship. Apples of gold set in silver suggest something rare, intentional, and valuable. In the same way, a timely word carries weight and grace. It is not rushed. It is not careless. It is spoken with discernment.

But words spoken at the proper time are born from silence.

We cannot consistently speak wisely if we are always speaking. Solitude teaches us to listen — first to God, then to others. Silence slows our reactions and refines our thoughts. It helps us discern not only what to say, but when to say it.

Many words lose their beauty because they are delivered too soon, too late, or with the wrong tone. Even true words can wound if they are not timely. But when we allow the Lord to shape our hearts in quietness, our speech becomes more thoughtful and more gracious.

In solitude, we learn patience. We become comfortable with pauses. We begin to value restraint as much as expression. Silence creates space for the Spirit to nudge us — sometimes to speak courage, sometimes to offer comfort, and sometimes to remain quiet.

A timely word can strengthen a weary heart, calm a tense moment, or redirect a wandering path. It shines because it is rare and carefully given.

Today, before entering conversations, spend a few quiet moments with the Lord. Ask Him to guard your tongue and guide your timing. May your words not be many, but meaningful — like apples of gold, placed exactly where they belong.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE



DAY
6DO THE ONE THING
SILENCE ✂**James 3:2**

For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well.

James speaks with refreshing honesty: we all stumble. None of us is flawless. Yet he points to one revealing measure of maturity — our words. If a person can control their speech, they demonstrate mastery over much more than the tongue; they show a disciplined, surrendered life.

Why does speech matter so much? Because words flow from the heart. They reveal pride, impatience, fear, jealousy, and love. A careless comment can wound deeply. A harsh response can undo trust built over years. James reminds us that spiritual growth is not merely about belief, but about transformation that touches everyday conversation.

This is where solitude and silence become essential.

Silence exposes how quickly we react. In quiet moments, we begin to notice the impulses that drive our speech — the need to be right, to be heard, to defend ourselves. Solitude gives the Holy Spirit room to reshape those impulses before they become spoken words.

To “bridle the whole body” suggests strength under control. Just as a small bit guides a powerful horse, a disciplined tongue reflects a disciplined heart. Silence trains that discipline. It teaches us to pause before responding, to pray before replying, and to listen before speaking.

Maturity is not found in never making mistakes, but in growing increasingly sensitive to God’s leading. When we invite Him into our quiet moments, He refines our hearts and, in turn, our words.

Today, practice a holy pause. Before you speak, breathe and ask, “Lord, guide my tongue.” In that brief silence, you may find that wisdom grows — and with it, a life more fully aligned with Him.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE

DAY
7
DO THE ONE THING
SILENCE ✎

Matthew 14:23

After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.

Jesus had just performed a miracle — feeding thousands with five loaves and two fish. The crowds were amazed. The disciples were astonished. If ever there were a moment to remain in the spotlight, this was it. Yet instead of staying to receive praise, Jesus withdrew.

He chose solitude.

This verse reveals something profound about the rhythm of Christ's life. After great demand, He sought quiet. After public ministry, He pursued private communion. He did not allow success, pressure, or even opportunity to replace time with the Father.

Solitude was not an escape; it was alignment.

When Jesus went up the mountain alone, He demonstrated that strength flows from intimacy with God. The miracles were powerful, but the prayer was essential. In the silence of that mountainside, Jesus communed with the Father, drawing refreshment and direction.

We often do the opposite. After busy days, we turn to distraction instead of devotion. After success, we celebrate without reflection. After stress, we seek noise rather than stillness. Yet our souls, like Christ's example shows, need quiet communion more than public affirmation. Solitude reminds us of who we serve. Silence reorders our priorities. When we step away from the crowd, even the good crowd, we make space to hear God clearly.

Today, consider climbing your own "mountain." It may simply be a quiet room or a brief walk alone. Lay aside the noise. Turn from the demands. Meet the Father in secret. For in that hidden place, strength is renewed, perspective is restored, and the heart is steadied for what lies ahead.

DO THE ONE THING: AFTER READING SCRIPTURE, SPEND 5 MINUTES SITTING IN SILENCE



Carrying the Fire Forward.

Now the Journey Begins.

You have just completed 35 days of spiritual training. Along the way, you were introduced to five disciplines that nurture spiritual growth. As you reflect on this journey of experiencing God, consider what resonated most deeply with you. Perhaps each week held moments that strengthened your faith in unique ways.

This is only the beginning. You now have practical tools to continue growing, and it can be as simple as remembering to **DO THE ONE THING**. Each day is an opportunity to encounter God through the disciplines you've learned. Keep practicing. Keep showing up. Keep experiencing God in the rhythms of your everyday life.

Next Steps.

Unleash Your Hope.



Next Steps Class

At Be Hope, we believe everyone is called—and that calling can bring purpose, passion, and meaning to your life. In the Next Steps Class, you'll get to know the heart of Be Hope Church, discover the unique gifts God has given you, and learn how you can get involved. It's the best way to find your place, grow in your faith, and step into the calling God has for you.



Proclaim Your Hope in Baptism

Baptism at Be Hope Church is a big deal. We celebrate baptism together because we know that faith is meant to be personal, not private. When we celebrate together we are reminded that we are not meant to journey alone. We understand that when we celebrate baptism we deepen our connection and commitment to one another.



Join a Hope Team

We believe serving others is one of the best ways to grow in your faith. On a Hope Team, you'll discover how to your unique gifts can make a difference and be part of something bigger than yourself. It's a place to have fun, build friendships, and experience God working through you as you serve.



