



40 DAYS

SEEK ASK FAST

Why 40 Days?

In Scripture, forty days mark a sacred season of testing, preparation, and transformation. It is not a random length of time, but a recurring rhythm God used when he is about to do something new. Forty days often occur before moments of covenant, calling, deliverance, or breakthrough. These periods are not about speed or ease; they are about formation. God uses forty days to slow his people down long enough for their hearts to be shaped before their lives are changed.

Again and again, forty days appear in moments of cleansing and reset. The rain fell for forty days in Noah's time, washing away corruption and making room for new life. Moses remained on Mount Sinai for forty days, fasting in God's presence as the law was revealed. These seasons emphasize that God often removes before he rebuilds, strips away before he restores. Forty days become a space where God clears what is broken so something holy can take its place.

Forty days also reveal what truly lives in the human heart. The spies explored the Promised Land for forty days, and their report exposed fear, faith, doubt, and trust. Israel wandered in the wilderness for forty years, learning through daily dependence that freedom is not only leaving Egypt, but ridding themselves of Egypt. These stories remind us that extended seasons with God uncover our idols and offer us invitations. They expose what we cling to and invite us to what God is calling us toward.

In the life of Jesus, forty days take on their fullest meaning. Before his public ministry began, Jesus fasted in the wilderness for forty days, resisting temptation through Scripture and complete dependence on the Father. After his resurrection, Jesus spent forty days teaching his disciples, grounding them in truth before sending them in power. In Jesus, we see that forty days are not

about self-denial for its own sake, but about alignment of hearts, wills, and lives brought into harmony with the purposes of God.

This forty-day journey is not a challenge to endure, but an invitation to be formed. These days are a gift, time set apart to **seek** God's presence, **ask** for his direction, and **fast** from what competes for our devotion. God still uses forty days to prepare his people for what comes next. If you lean in, listen closely, and respond obediently, you may find that these days mark not just the beginning of a new season, but the renewal of your whole life.

As we begin 2026, together as a church, we will use these 40 days to seek God's presence and direction through Scripture, prayer, fasting, and worship, believing that God will renew his people and clarify his purpose for the year ahead.

How to Use this Guide

This guide includes forty days of scripture reading to follow along with the sermon series. Each week will have focus passages from the Scriptures and a daily Bible reading. Along with reading, each day will include three prompts to seek, ask, and fast. Spend about 15-30 minutes each day reading, praying, and using the prompts to invite the Holy Spirit to speak to you. Use the fast prompt throughout the day as an opportunity to practice your dependence on God.

Throughout these 40 days, remember

Asking is prayerful dependence. To ask is to pray with trust, naming our need before a good and attentive Father.

Seeking is intentional attention. To seek is to choose to direct our attention toward God deliberately.

Fasting is sacred subtraction. To fast is to remove something good so we can make room for something greater.

WEEK 1 — Preparation (Days 1–6)

Theme: Letting God prepare and purify us as he washes away what does not belong.

Scriptures: Genesis 6–9; Psalm 51

☐ Day 1 (Jan. 5) — Genesis 7:1–5

Reflection: God invites Noah into the ark before the rain begins. Obedience always comes before clarity.

Seek: Ask God what obedience looks like today.

Ask: Pray for a heart willing to follow before understanding.

Fast: Fast from one distraction for the next 24 hours.

☐ Day 2 (Jan. 6) — Genesis 7:6–16

Reflection: God closes the door himself. Trust him with what needs to come to an end in your life.

Seek: Identify one habit God may be closing the door on.

Ask: Pray for courage to release it.

Fast: Fast from social media for half a day.

☐ Day 3 (Jan. 7) — Genesis 7:17–24

Reflection: The waters rise, yet Noah rests. God sustains us in the storm.

Seek: Notice where God is sustaining you.

Ask: Pray for peace in ongoing storms.

Fast: Fast from snacking between meals.

☐ Day 4 (Jan. 8) — Genesis 8:1–5

Reflection: *"God remembered Noah."* God never forgets His people.

Seek: Recall a moment God showed faithfulness.

Ask: Pray with gratitude for his remembrance.

Fast: Fast from one meal.

☐ Day 5 (Jan. 9) — Genesis 8:6–14

Reflection: Waiting is part of renewal. Noah does not rush ahead of God.

Seek: Identify where you may be rushing.

Ask: Pray for patience.

Fast: Fast from background noise for 1 hour.

☐ Day 6 (Jan. 10) — Psalm 51

Reflection: Renewal begins in the heart.

Seek: Reflect on areas needing renewal.

Ask: Pray David's prayer for a clean heart.

Fast: Fast from one comfort today.

Reflection Guide: What Needs to Go?

During this first week, set aside approximately 30 minutes to complete this reflection, which will guide you through a process of prayer and discernment to prepare your heart for what God desires to do throughout these 40 days. Before God desires to work through us, he needs to work in us. God's work begins with an awareness of where we currently are spiritually and what needs to be removed from our lives.

Follow the prompts below as you work through what needs to go in your life during this week of preparation.

1. Prayer of Opening

Use the word from Psalm 139:23-24 as an opening prayer:

*Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.*

Ask the Holy Spirit to gently reveal, not accuse, but to help you uncover what needs to be removed.

*Holy Spirit, where have I grown cluttered, numb,
distracted, or divided? Reveal what must be laid down
so I can walk in your freedom. Amen.*

2. Areas of Release

Work slowly and reflectively through the three areas of release. Sit with each topic and don't rush. Sit in God's presence and allow God to speak to you.

A. Distractions

- What consumes more of my attention than Christ?

- Where do I lose hours without nourishment from God?

Common examples:

- Scrolling/social media
- Constant activity without rest
- Obsession with news or politics
- Anxiety about life
- Emotional noise / hurry / busyness

What distraction has become a default escape?

Name it: _____

B. Sin

Sin is any action or attitude that goes against God's desires and commands. Sin separates us from God. Ongoing sin prevents God from working in our lives. God desires that we confess our sins because he will forgive us and help us experience freedom from sin. Consider how sin in your life is keeping you from growing spiritually..

- Where have I normalized what God calls harmful?
- Where am I hiding? Minimizing? Excusing?
- What is stealing joy, intimacy, peace?

What is a Name it:

Confessing sin is not punishment, but it is the doorway to freedom.

C. Weight Without Sin (Hebrews 12:1)

"... let us strip off every weight that slows us down..." Not everything that must go is sinful; some things are simply heavy and keep us from flourishing.

- Too many commitments
- Unhealthy pacing
- Emotional burdens never surrendered
- People-pleasing
- Unrealistic expectations of self

What is a weight you need to release? Name it:

3. Ask Jesus

Rather than starting with guilt, start with invitation. Pause after each question. Write what surfaces without editing.

- *Jesus, what have I held onto too tightly?*
- *Jesus, what is no longer mine to carry?*
- *Jesus, what do You want to remove so You can restore me?*

4. Seek Clarity

Use these prompts to examine your self-awareness

What is stealing my margin for spiritual awareness?

What is dulling my spiritual hunger?

What has become a substitute for presence with God?

What might obedience look like for you in these 40 days?

5. Fast + Replace

Fasting is sacred subtraction. To fast is to remove something good so we can make room for something greater. This season is not just about what *goes*, but what *grows*. Use the table below with some examples to identify what you will fast from to replace the action with something that will help you grow spiritually.

Fast / Release	Replace	Why It Matters
Social media hour(s)	Scripture or silent prayer	Quieting noise to hear God's voice
Evening screen time	Gratitude + journaling	Rewriting habits of the heart
Complaining	Blessing speech	Training the tongue toward goodness and new life

Sugar / treats

Simplicity

Learning sufficiency and satisfaction in Christ

Excess commitments

Weekly Sabbath practice

Life is more than production

During these 40 Days, what will you fast from? What will you replace it with?

6. A Prayer of Release

Jesus, I lay down what has taken root in my heart, crowded my thoughts, dulled my worship, and divided my devotion. I release distraction, sin, and every unnecessary weight.

I desire to make room in my life for your presence, your voice, and your joy.

Amen.

7. Next Step

Write down what you think your next step in following Jesus is during these 40 days. Maybe it's a desire to make room in your life to seek the presence of God. Perhaps it's removing something to replace it with something good. Maybe you are praying for direction or clarity, seeking God's wisdom and guidance. Or, perhaps you are simply seeking God's presence and work in your life.

WEEK 2 — Revelation (Days 7–13)

Theme: Meeting God on the mountain, staying in his presence, and experiencing his glory.

Scriptures: Exodus 24; 33–34; Psalm 24

☐ Day 7 (Jan 11) — Exodus 24:12–18

Reflection: Moses climbs because God calls. Revelation requires pursuit.

Seek: Set aside 10 extra minutes for solitude.

Ask: Pray for hunger for God's presence.

Fast: Fast from hurry today.

☐ Day 8 (Jan 12) — Exodus 33:12–17

Reflection: God's presence distinguishes His people.

Seek: Reflect on how you sense God's nearness.

Ask: Pray for God's presence to rest on you.

Fast: Fast from multitasking.

☐ Day 9 (Jan 13) — Exodus 33:18–23

Reflection: Moses longs to see God's glory. Spiritual hunger unlocks revelation.

Seek: Ask God to grow your desire for Him.

Ask: Pray boldly: "Show me Your glory."

Fast: Fast from something sweet.

☐ **Day 10 (Jan 14) — Exodus 34:1–9**

Reflection: God reveals his name before he reveals his commands.

Seek: Meditate on God's character.

Ask: Pray for a deeper understanding of his grace.

Fast: Fast from unnecessary phone use.

☐ **Day 11 (Jan 15) — Exodus 34:10–28**

Reflection: God renews the covenant through revelation.

Seek: Review God's promises in Scripture.

Ask: Pray for renewed commitment.

Fast: Fast from one meal.

☐ **Day 12 (Jan 16) — Exodus 34:29–35**

Reflection: Moses' face shines because he was with God.

Seek: Spend 10 minutes in silent stillness.

Ask: Pray for transformation from the inside out.

Fast: Fast from complaining.

☐ **Day 13 (Jan 17) — Psalm 27**

Reflection: One thing matters: knowing God.

Seek: Focus your prayer on one desire: God himself.

Ask: Pray Psalm 27:4 slowly.

Fast: Fast from unnecessary screens tonight.

WEEK 3 — Trust (Days 14–20)

Theme: Trusting God's vision over our debilitating fears.

Scriptures: Numbers 13–14; Psalm 23

☐ **Day 14 (Jan 18) — Numbers 13:1–3, 17–20**

Reflection: God sends the spies to see the land, but with his perspective.

Seek: Ask God to shape your vision.

Ask: Pray for clarity about what God is calling you toward.

Fast: Fast from pessimism today.

☐ **Day 15 (Jan 19) — Numbers 13:21–33**

Reflection: Giants seem bigger when God seems smaller.

Seek: Identify the “giants” in your life.

Ask: Pray for courage like Caleb.

Fast: Fast from fear—refuse fearful thoughts.

☐ **Day 16 (Jan 20) — Numbers 14:1–9**

Reflection: Faith often speaks against the crowd.

Seek: Reflect on voices shaping your outlook.

Ask: Pray for steadfast faith.

Fast: Fast from negative speech.

☐ **Day 17 (Jan 21) — Numbers 14:20–25**

Reflection: God honors those who follow wholeheartedly.

Seek: Examine your motives.

Ask: Pray for an undivided heart.

Fast: Fast from one snack or meal.

☐ **Day 18 (Jan 22) — Psalm 23**

Reflection: God leads into rest.

Seek: Slow down your pace today.

Ask: Pray for God's shepherding in every area of your life.

Fast: Fast from noise for 30 minutes.

☐ **Day 19 (Jan 23) — Psalm 23**

Reflection: Fear loses power in God's presence.

Seek: Meditate on God's nearness in fear.

Ask: Pray over one area of fear.

Fast: Fast from anxious scrolling.

☐ **Day 20 (Jan 24) — Psalm 23**

Reflection: God prepares blessings in the presence of enemies.

Seek: Look for God's goodness today.

Ask: Pray for confidence in his future for you.

Fast: Fast from second helpings at meals.

WEEK 4 — Dependence (Days 21–27)

Theme: Learning to rely on God's provision in a place of desolation.

Scriptures: Deuteronomy 8; Psalm 63

☐ Day 21 (Jan 25) — Deuteronomy 8:1–5

Reflection: God humbles to teach dependence.

Seek: Notice small ways God provides.

Ask: Pray for a teachable heart.

Fast: Fast from a meal.

☐ Day 22 (Jan 26) — Deuteronomy 8:6–10

Reflection: God leads us into good places through hard seasons.

Seek: Recall past wildernesses and how God led you.

Ask: Give thanks for his guidance.

Fast: Fast from unnecessary spending today.

☐ Day 23 (Jan 27) — Deuteronomy 8:11–20

Reflection: Prosperity can make us forget God unless we choose to remember.

Seek: Identify blessings you've taken for granted.

Ask: Thank God for them intentionally.

Fast: Fast from convenience (choose simple food or routines).

☐ **Day 24 (Jan 28) — Psalm 63:1–5**

Reflection: Desire for God grows in dry places.

Seek: Tell God where you feel empty.

Ask: Pray for renewed desire.

Fast: Fast from snacking.

☐ **Day 25 (Jan 29) — Psalm 63:6–8**

Reflection: Meditating on God strengthens weak souls.

Seek: Meditate on one verse today.

Ask: Pray it into your life.

Fast: Fast from a comfort item.

☐ **Day 26 (Jan 30) — Psalm 63:9–11**

Reflection: God brings justice for his people.

Seek: Trust God with unresolved areas.

Ask: Pray for peace.

Fast: Fast from negative self-talk.

☐ **Day 27 (Jan 31) — Psalm 130**

Reflection: Waiting is worship when hope rests in God.

Seek: Identify where you're waiting on God.

Ask: Pray for hope in the waiting.

Fast: Fast from impatience.

WEEK 5 — Renewal (Days 28–34)

Theme: God restores us when we are weary, worn out, and ready to give up.

Scriptures: 1 Kings 19; Psalm 46

☐ Day 28 (Feb 1) — 1 Kings 19:1–8

Reflection: God restores Elijah with rest before he gives direction.

Seek: Rest intentionally today.

Ask: Pray for restored strength.

Fast: Fast from busyness.

☐ Day 29 (Feb 2) — 1 Kings 19:9–14

Reflection: God's whisper speaks deeper than chaos.

Seek: Sit in silence for 5 minutes.

Ask: Pray to hear God's whisper.

Fast: Fast from background noise.

☐ Day 30 (Feb 3) — 1 Kings 19:15–18

Reflection: Renewal leads to new assignments.

Seek: Ask God where he is redirecting you.

Ask: Pray for obedience.

Fast: Fast from personal comfort.

☐ **Day 31 (Feb 4) — Psalm 46:1–3**

Reflection: God is a refuge in overwhelming moments.

Seek: Name one fear and give it to God.

Ask: Pray for courage.

Fast: Fast from fear by refusing to dwell on it.

☐ **Day 32 (Feb 5) — Psalm 46:4–7**

Reflection: God is with his people. He does not fail.

Seek: Notice God's presence today.

Ask: Pray for awareness of him.

Fast: Fast from distractions.

☐ **Day 33 (Feb 6) — Psalm 46:8–11**

Reflection: "Be still" is a command, not a suggestion.

Seek: Practice 3 minutes of stillness.

Ask: Pray for trust.

Fast: Fast from multitasking.

☐ **Day 34 (Feb 7) — Isaiah 40:28–31**

Reflection: Those who hope in the Lord find renewed strength.

Seek: Reflect on where you need strength.

Ask: Pray these verses personally.

Fast: Fast from discouragement.

WEEK 6 — Victory (Days 35–37)

Theme: Standing firm and victorious in temptation by the word of God.

Scriptures: Matthew 4; Ephesians 6

☐ Day 35 (Feb 8) — Matthew 4:1–4

Reflection: The Word sustains us more than bread.

Seek: Meditate on a verse today.

Ask: Pray for hunger for Scripture.

Fast: Fast from one meal.

☐ Day 36 (Feb 9) — Matthew 4:5–11

Reflection: Jesus resists temptation with Scripture.

Seek: Identify one area of temptation.

Ask: Pray for victory.

Fast: Fast from self-reliance.

☐ Day 37 (Feb 10) — Ephesians 6:10–18

Reflection: God provides armor for every battle.

Seek: Consider which piece of armor you need today.

Ask: Pray specifically for that piece.

Fast: Fast from worry.

WEEK 7 — Mission (Days 38–40)

Theme: As we conclude the 40 days, we remember we are sent with a mission.

Scriptures: Acts 1; Matthew 28

Day 38 (Feb 11) — Acts 1:1–8

Reflection: The Spirit empowers the mission.

Seek: Ask God who he's sending you to.

Ask: Pray for boldness.

Fast: Fast from comfort.

Day 39 (Feb 12) — Acts 1:9–11

Reflection: The church lives between Ascension and Return—with purpose.

Seek: Reflect on where God is calling you to step out.

Ask: Pray for readiness.

Fast: Fast from procrastination.

Day 40 (Feb 13) — Matthew 28:18–20

Reflection: The mission ends with a promise: Jesus is with us always.

Seek: Commit your year to his mission.

Ask: Pray for God to use you in fresh ways in 2026.

Fast: Fast from fear of obedience.