



CROSSFIT 21 DAY DEVOTIONS & PRAYER GUIDE

MBC Family,

As we go through this CrossFit Message Series, I want to encourage you to spend 21 days reading through a short devotional and spending time in prayer on each of those days. Each day will focus on what Jesus achieved for you through the cross to fit you with a new identity as you put your faith and trust in Him for salvation. As you pray each day throughout this time, you may want to pray out loud or silently; however, you may consider writing them out and keeping them in a prayer journal. Either way, I hope you discover more about the Life you have in Christ because of the cross and that you begin to experience His Life on a daily basis.

- Jason White

Lead Pastor of MBC

Day One

Prayer Emphasis: Our identity in Christ

“But as many as received Him, to them He gave the right to become the children of God, to those who believe in His name.”

John 1:12

If you have trusted Jesus for your salvation, through His finished work on the cross to forgive your sins, then you are a child of God. Let that soak in for a moment. You are a son or daughter of the living God, the One who created all things and reigns supreme. Rest today in knowing that you have a God who loves you and allows you to call Him “Daddy.”

Prayer Focus: Close your eyes and picture yourself crawling up into your Heavenly Dad’s lap. Take a moment just to thank Him for allowing you to be His son or daughter and being able to find your primary identity in that title.

Day Two

Prayer Emphasis: Our identity in Christ

“I in them, and You in Me; that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.”

John 17:23

Not only are you a child of God as we saw yesterday, but you are loved by Him as He loved Jesus. Sometimes it's hard to believe that we are loved because of the choices that we have made in life, but God's places no conditions that we must meet for Him to love us. His love for us is unconditional. No matter where you've been, no matter what you've done, your Heavenly Dad is crazy about you.

Prayer Focus: Yesterday, I asked you to picture yourself crawling up into your Heavenly Dad's lap so that you could have an intimate one on one conversation with Him. Today, picture yourself not only in His lap but with His arms around you. As you picture Him embracing you, thank Him for His unconditional love for you and just talk to Him as the Spirit leads you.

Day Three

Prayer Emphasis: Our identity in Christ

“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”

Ephesians 1:7

When Jesus died on the cross for your sin, He died for ALL of them. Think about it, when Christ died 2,000 years ago, how many of your sins would be committed in the future? All of them, right? So when you trusted Jesus' for salvation all of your past, present, and any sins that you would commit in the future were forgiven. You have a clean slate. You are washed white as snow.

Prayer Focus: Thank Jesus for being willing to take on your sin and go to the cross for you. He went through a lot of suffering that day to ensure that you could be forgiven, but you are worth it to Him. Release any guilt or shame that you have been carrying around and rest in your forgiven state.

Day Four

Prayer Emphasis: Our identity in Christ

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, new things have come.”
2 Corinthians 5:17

When your dead spirit becomes united with the Holy Spirit, making you one, you become a new creation. The old you (the one who was a sinner and condemned before God) has completely gone. This is who you now are for the rest of your earthly life and in the life to come, and as you become more aware of this new creation you are, you learn to operate your life from your new identity.

Prayer Focus: Thank God for a fresh start and making you a new creation. Thank Him that this is now true of you for eternity because Jesus will never let go of you.

Day Five

Prayer Emphasis: Our identity in Christ

“For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.”

2 Corinthians 5:21

Because you are now united to Jesus through the Holy Spirit and are a new creation, you are considered righteous before God. Not only are you forgiven from your sins, you are righteous. This is part of your new identity in Christ!

Prayer Focus: Thank God for your righteousness. Ask Him to remind you daily that this is who you are regardless of the choices you make.

Day Six

Prayer Emphasis: Our identity in Christ

“Paul and Timothy, bondservants of Jesus Christ, to all the saints in Christ Jesus who are at Philippi...”
Philippians 1:1

When Paul addressed his letters to churches, he would often address them as he did in the verse above as saints. We often think of a saint as someone who has earned that title because of their good character, but what we see here is that those in the church earn that title because of Christ's character. As a new creation in Christ, each one of us in the church are considered saints. You are not a sinner saved by grace but rather a saint who sometimes sins. When you choose to sin, you are stepping out of character to do so...that's not who you are any longer.

Prayer Focus: Thank God that in Christ you are considered a saint. If you have been feeling sorry for yourself because you thought you were just a miserable, old sinner saved by grace, tell Him that you are sorry for not realizing who you really are, a saint. Ask Him to teach you how to live outwardly from who you are inwardly as a saint.

Day Seven

Prayer Emphasis: Our identity in Christ

“In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise.”

Ephesians 1:13

In Christ, you are sealed with the Holy Spirit. Once something has been sealed it is secure. You are secure in Christ. You don't have to worry about losing your salvation or not making it to heaven. You are sealed, and your salvation and eternal life are secure. Breathe deep today as you rest in that kind of security.

Prayer Focus: Thank God for his faithfulness and that your salvation is secure.

Day Eight

Prayer Emphasis: Our identity in Christ

“I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”

Galatians 2:20

Jesus Christ lives in you. Not only does Jesus live in you, but He wants to live through you. As Paul mentions in this verse, the way he lives his life and does ministry is through dependence on Jesus to do it through him. This is how the Christian life works...through dependence on Jesus who lives in us to live through us.

Prayer Focus: Thank Jesus that He lives in you and that you have an intimate relationship with Him. Begin to depend on Him to live through you as He guides and empowers you.

Day Nine

Prayer Emphasis: Our identity in Christ

“For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin.”

Romans 6:6-7

In Christ you are no longer a slave to sin. When He died on the cross for all of you sins and was raised from the dead, He defeated the power of sin. When faced with temptation in your life, you do not have to give in to that temptation because you are no longer a slave to sin.

Prayer focus: Thank Jesus for defeating the power of sin. Begin to trust that this is true in your life and depend on Him to live a holy and righteous life through you.

Day Ten

Prayer Emphasis: Our identity in Christ

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

Philippians 4:19

In Christ, you are lacking nothing. All your need is met in Christ. Sometimes that doesn't feel like it is true because of how enticing things of this world can be through the lure of Satan, but instead of trusting your feelings, trust God's word which says all your need is met in Christ.

Prayer Focus: Thank God for meeting all of your needs in Christ. Release all of the things that you have been trying to use on your own to meet your needs. Allow Him to provide for you. He is our great Provider.

Day Eleven

Prayer Emphasis: Our identity in Christ

“For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ.”

Philippians 3:20

Spiritually, you are already seated in heaven. The Bible tells us that Christ is seated at the right hand of the Father. You are united to Christ through the Spirit, so you too are already seated in heaven. This can be reassuring to know that your eternal life in heaven is secure, but it should also remind us that we are ambassadors on earth (here to represent where we are really from to others).

Prayer Focus: Thank God that you are already seated in heaven with Him. Rest in the assurance of your salvation and ask Him to reveal more about Himself and heaven to others through you as His representative.

Day Twelve

Prayer Emphasis: Our identity in Christ

“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
Philippians 4:7

You are guarded by the peace of God. In Christ, you have access to peace. Life can be full of ups and downs, but in the middle of whatever circumstance or situation you are in, you can find deep, inner peace in Christ.

Prayer Focus: Thank God for His peace. Release whatever you have been anxious or worried about to Him and ask Him to provide you with deep, inner peace.

Day Thirteen

Prayer Emphasis: Our identity in Christ

“No longer do I call you servants, for a servant does not know what his master is doing, but I have called you friends, for all things that I have heard from My Father I have made known to you.”

John 15:5

You are a friend of God. Sometimes people view God as kind of like a spiritual drill sergeant. They think he is only here to bark orders and yell at you when you can't seem to get your life right. However, Jesus has fulfilled all of the orders (the law) for us and we can now be considered friends of God. When is the last time that you enjoyed the freedom of talking to God in the same way you talk to a trusted friend?

Prayer Focus: Thank God for being your friend. Have a conversation with Him where you let your guard down, maybe even let go of all the spiritual lingo, and just talk to Him about what is on your heart.

Day Fourteen

Prayer Emphasis: Our identity in Christ

“Do you know that you are the temple of God and that the God’s Spirit dwells in you?”

1 Corinthians 3:16

Your body is a temple for the Holy Spirit. If you are a dwelling place for the Spirit of God then how valuable are you? Sometimes we tend to be very critical of our bodies, but evidently God thinks yours is very special if He is willing to come live inside of you.

Prayer Focus: Thank God for your body and that He has come to live within you. Ask Him to show you how to take care of the body that He has given you so that He can continue to use it for His glory.

Day Fifteen

Prayer Emphasis: Our identity in Christ

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

Romans 8:1

You are free from condemnation. You are completely forgiven and set free from guilt and shame. Sometimes we can be really hard on ourselves for messing up, making the wrong choices. Often we are hard on ourselves because we fear God’s disapproval and judgement in our lives; however, in Christ, you are always approved and He has already received your judgement for you. Don’t let guilt and shame keep you down. It’s from the enemy; in Christ you are free from condemnation.

Prayer Focus: Thank God for His approval of you in Christ. Release any guilt and shame you are carrying around to God and allow Him to remind you of His true feelings for you...unconditional love and approval.

Day Sixteen

Prayer Emphasis: Our identity in Christ

*“Now you are the body of Christ, and member individually.”
1 Corinthians 6:17*

In Christ, you have a spiritual family. All believers in Christ are a part of His body and connected together. This means that the others who are connected to Him as the Head are brothers and sisters of yours in Christ. God provides other people to be an encouragement to you and to work together for His glory.

Prayer Focus: Thank God that you have a spiritual family. Lift up your brothers and sisters in Christ. Ask God to provide for you through your spiritual family and for the opportunity for Him to use you to provide for them as well.

Day Seventeen

Prayer Emphasis: Our identity in Christ

“...for he who is in you is greater than he who is in the world.”
1 John 4:4

In Christ, the evil one has no power over you. Jesus is greater than the enemy. He has defeated Him and the power of sin on the cross and will overthrow Him completely at His second coming. Throughout your life, you may feel tempted by Satan to give in to sin; however, in Christ, he has no power over you.

Prayer Focus: Thank God for overcoming Satan in Christ's victory at the cross. If you fear the enemy, let go of that fear and trust in the One in you who is greater than the one in the world.

Day Eighteen

Prayer Emphasis: Our identity in Christ

“And you are complete in Him, who is the head of all principality and power.”

Colossians 2:10

You are complete in Christ. It's easy to think that we have so much to do in order to get where we need to be. With this type of thinking though, we tend to believe that God saved us by grace but that it's up to us to get ourselves where we need to be now. The work that Christ accomplished for us on the cross was not a partial work. It was a complete work, and you are complete in Him. You do not have to do anything to make yourself more complete, you just need to learn to depend on what He has done for you and will do through you as you surrender to Him.

Prayer Focus: Thank God that He has made you complete in Christ. Trust that this is true in your life. Tell Him that you are depending on Him as the One who has made you complete to be your Source for life.

Day Nineteen

Prayer Emphasis: Our identity in Christ

“By which have been given us exceedingly great and precious promises, that through these you may be partakers of the divine nature...”

1 Peter 1:4

You are a partaker of the divine nature. Because you are a new creation, united to Christ through the Spirit, you participate with Christ in His work. Can you believe that? You are not just saved to go to heaven one day, you get to participate with Christ in His work in you and through you!

Prayer Focus: Thank God for allowing you to participate with Christ in His work. Surrender yourself to the work He wants to do in you to conform you to the image of Christ and the work He wants to do through you to reach others who don't yet know Him.

Day Twenty

Prayer Emphasis: Our identity in Christ

“We are therefore Christ’s ambassadors, as though God were making his appeal through us.”

2 Corinthians 5:20

An ambassador is someone who represents the country they are from as they live in a different country. Paul says here that as part of your new identity in Christ that you have become an ambassador. In other words, you are no longer ultimately from the country you live in. You are now a citizen of heaven first and foremost, and He has sent you into the place you live as an ambassador to represent the Kingdom of God. As you make yourself available to Christ, He will “show off His Kingdom” as He produces fruit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...Galatians 5:22-23) through your life for people to see.

Prayer Focus: Thank God the privilege of being able to represent the Kingdom of God with those here in our world. Thank Him that it is not up to you to “show off” the Kingdom of God by how you perform in this life. Thank Him that He will do this through you as you make yourself available to Him. Pray for people’s hearts to be open to see the Kingdom of God in you and through you and for them to receive Jesus by faith.

Day Twenty One

Prayer Emphasis: Our identity in Christ

*“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”
Ephesians 2:10*

You are God’s workmanship created to do what He has planned. Just like an artist signs his or her name to a masterpiece, God has signed His name to you as His masterpiece. You have been created just the way you are for a very important reason. As a member of His body, He wants to use you to accomplish good works. As you surrender to Him, He will guide you to the Kingdom work He wants to do through you.

Prayer Focus: Thank God for creating you just the way you are. Thank Him that you have a special place in His body. Surrender yourself to Him so that He can guide you to the Kingdom work He wants to do through you.