

A photograph of three deer wading in a shallow stream. The deer are brown with white spots. The stream is surrounded by rocks and fallen branches. The background is dark and out of focus.

one desire

fast

2026

INTRODUCTION

Welcome to One Desire Fast!

As we take the time to be united in our prayer and hunger for God, our hope is that this devotional book will strengthen your relationship with Him and draw you closer to His heart. This booklet is meant to serve as a guide as we fast together—simply allow it to be a resource that supports your time with the Lord.

This devotional is broken up into three sections. *Section One* focuses on **aligning our hearts with God** as we intentionally strip away distractions through fasting. *Section Two* invites us to go deeper in **hearing and discerning His voice** in our lives. *Section Three* closes out with us **responding in faith and obedience** as we hear from Him.

Our prayer is that this fast will be a renewing time in the Word for you individually, within your LCGs, as a LIFE Group, and as a church body. We have already been praying for each of you and are expectant of the ways God will speak personally and powerfully throughout this season.

If you are new to fasting or would like additional guidance, we encourage you to visit the fasting guide on our church website to learn more about the why and how of fasting.

SECTION 1

ALIGNING OUR HEARTS

SECTION ONE: ALIGNING OUR HEARTS

“The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but endless nibbling at the table of the world. The greatest adversary of love to God is not his enemies but his gifts. And the most deadly appetites are not for the poison of evil, but for the simple pleasures of earth. For when these replace an appetite for God himself, the idolatry is scarcely recognizable, and almost incurable.”

— John Piper

Our hearts are constantly being formed by what we give our time, energy, and affection to. Even good things—work, relationships, responsibilities, routines—can slowly shift into places of priority that only God was meant to hold. In His kindness, God invites us to pause and examine the desires of our hearts. This season of fasting creates space for us to ask an honest question: *What am I truly seeking?*

As we fast, we are not just emptying ourselves for deprivation’s sake, but making room for God to reorder our loves and realign our hearts with His. In this section, we will intentionally slow down and invite the Holy Spirit to reveal areas of misalignment. Instead of producing guilt or shame, we’re praying that this week would bring so much joy and freedom as we pursue God’s heart.

As you walk through these devotionals, allow God to search your heart and lead you back to simple devotion. May this fast not only change what you consume, but transform what you desire, aligning your heart fully with His.

READ

JOEL 2:12-13 ESV

¹² “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments. ¹³ Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.”

REFLECT

- What has been competing for your affection or attention above God?
- What would returning to God with all your heart look like during this fast?

RESPOND

As we begin the fast, pray over your heart: lay down any distractions or sin, and ask God to draw you back to His heart during this fast. Pray this over your LIFE Group members, as well.

READ

PSALM 51:10-12 ESV

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and uphold me with a willing spirit."

PSALM 139:23-24 ESV

²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!"

REFLECT

- What areas of your heart do you need to invite God to cleanse, renew, or restore today?

- Where do you need God to renew joy in your relationship with Him?

RESPOND

Ask God to restore and renew your heart and your love for him. Pray that He would "restore the joy of your salvation."

READ

EPHESIANS 4:22-24

²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

COLOSSIANS 3:12-13

¹² Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³ bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

REFLECT

- What are some of the things you need to put off from your old self?
- This passage reminds us of the new identity that God has created for us. What are some of the promises you need to embrace in your new self?

RESPOND

Pray that God would remind you of the wonderful purpose and inheritance He has called you into. Ask Him for the strength to put off your old self and put on the new.

READ

JEREMIAH 29:12-14 ESV

“¹²Then you will call upon me and come and pray to me, and I will hear you. ¹³You will seek me and find me when you seek me with all your heart. ¹⁴I will be found by you, declares the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the Lord, and I will bring you back to the place from which I sent you into exile.”

REFLECT

- What promises of God do you see in this passage, and how would truly believing those promises reshape the way you pray?
- In what ways will you diligently seek after the Lord with all your heart this year?

RESPOND

Pray that the Lord would give you a heart to seek after him. Pray that he would continue to bring restoration and redemption in your life.

READ

MALACHI 1:11 ESV

“¹For from the rising of the sun to its setting, my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the Lord of hosts.”

REFLECT

- What does this verse reveal about God’s heart toward all people and nations?
- Where might God be inviting you to reflect His heart for the nations in your prayers, priorities, or daily obedience?

RESPOND

Take time today to visit the Joshua Project website and choose a country. Pray intentionally for the needs of this nation, and that its people would come to know the Lord.

READ

EZEKIEL 36:26-27

²⁶I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

REFLECT

- In what ways is your heart hardened or resistant to follow after God's mission and purpose?
- What would a "heart of flesh" look like in your everyday life (your decisions, attitudes, etc)?

RESPOND

Ask God to fill you with His Spirit, and give you a heart that loves what Jesus loves. Pray that our church would walk in obedience with God's purposes.

SECTION 2

HEARING GOD'S VOICE



SECTION TWO: HEARING GOD’S VOICE

As our hearts become aligned with God, we begin to recognize His voice more clearly. God is not distant or silent—He is a speaking God who desires to lead His people with wisdom, truth, and love. When distractions are stripped away and our hearts are surrendered, we become more attentive to the ways He is already speaking.

Discerning God’s voice requires both intimacy and discernment. It often comes not in noise or urgency, but in stillness, Scripture, prayer, and the gentle prompting of the Holy Spirit. Throughout this section, we will learn to slow down, listen carefully, and test what we hear against God’s Word and character.

As you walk through these devotionals, invite God to tune your heart to His voice and grow your sensitivity to His leading. May this time of fasting be marked by growing familiarity to His voice, greater trust, and a renewed confidence in His leading.

READ

JOHN 10:14-16 ESV

¹⁴I am the good shepherd. I know my own and my own know me, ¹⁵just as the Father knows me and I know the Father; and I lay down my life for the sheep. ¹⁶And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.

REVELATIONS 3:20 ESV

²⁰Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

REFLECT

- Jesus says, “I know my own, and my own know me.” Is there any area of your life where you struggle to believe this (thoughts, struggles, desires, etc)?
- How can you make intentional space to listen for His voice and invite Him in this week?

RESPOND

Take some time to meditate on the truth that Jesus is your Good Shepherd who knows you as His own. Pray that He would draw you into deeper intimacy with Him so that you would recognize His voice more clearly in your life.

READ

1 KINGS 19:9-12

⁹*There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"*

¹⁰*He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."* ¹¹*And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. ¹²And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.*

REFLECT

- What expectations do I have about how God "should" speak, and how might those expectations keep me from hearing Him?
- Elijah expected God to appear in power, but He came in a gentle whisper. In what ways might God be speaking to me quietly now? How can I practice listening for God's whisper in the ordinary, everyday moments rather than waiting for a big sign?

RESPOND

Reflect on a time when God might have spoken to you in this way in the past. Pray that He would give you the sensitivity to recognize His voice above all other voices and distractions in your life.

READ

PSALM 119:9-11 ESV

"⁹How can a young man keep his way pure? By guarding it according to your word. ¹⁰With my whole heart I seek you; let me not wander from your commandments! ¹¹I have stored up your word in my heart, that I might not sin against you."

PSALM 119:105

"¹⁰⁵Your word is a lamp to my feet and a light to my path."

REFLECT

- How does knowing God's Word more deeply help you recognize His voice amidst the competing voices in your life?
- In what ways does God's Word act as a "lamp" to illuminate the next steps He wants you to take?

RESPOND

Spend some time thinking about practical ways you can intentionally store up His Word in your heart this year. Share this with your LCGs or another brother/sister to keep you accountable.

READ

1 SAMUEL 3:8-10

⁸And the Lord called Samuel again the third time. And he arose and went to Eli and said, "Here I am, for you called me." Then Eli perceived that the Lord was calling the boy. ⁹Therefore Eli said to Samuel, "Go, lie down, and if he calls you, you shall say, 'Speak, Lord, for your servant hears.'" So Samuel went and lay down in his place. ¹⁰And the Lord came and stood, calling as at other times, "Samuel! Samuel!" And Samuel said, "Speak, for your servant hears."

REFLECT

- Why do you think Samuel initially misunderstood God's voice? Why might you struggle to recognize God speaking in your own life?
- What does Samuel's response, "Speak, for your servant hears," reveal about his posture toward God?

RESPOND

Set aside time today to pause before the Lord and pray, "Speak, Lord, for Your servant is listening." Remain still before Him and practice listening.

READ

ACTS 8:26-31

²⁶Now an angel of the Lord said to Philip, "Rise and go toward the south to the road that goes down from Jerusalem to Gaza." This is a desert place. ²⁷And he rose and went. And there was an Ethiopian, a eunuch, a court official of Candace, queen of the Ethiopians, who was in charge of all her treasure. He had come to Jerusalem to worship ²⁸and was returning, seated in his chariot, and he was reading the prophet Isaiah. ²⁹And the Spirit said to Philip, "Go over and join this chariot." ³⁰So Philip ran to him and heard him reading Isaiah the prophet and asked, "Do you understand what you are reading?" ³¹And he said, "How can I, unless someone guides me?" And he invited Philip to come up and sit with him.

ACTS 8:35-38

³⁵Then Philip opened his mouth, and beginning with this Scripture he told him the good news about Jesus. ³⁶And as they were going along the road they came to some water, and the eunuch said, "See, here is water! What prevents me from being baptized?" ³⁸And he commanded the chariot to stop, and they both went down into the water, Philip and the eunuch, and he baptized him.

REFLECT

- What stands out to you about the way God speaks and how Philip responds in this passage?
- How does listening to the Spirit help us bridge cultural and spiritual gaps in our witness to others?

RESPOND

Pray that God would lead you to the people in your life who are open and searching, and give you opportunities to point them to Him. Ask God to give you the sensitivity to recognize the Spirit's promptings in your witness.

READ

MARK 1:35

³⁵And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

LUKE 5:15-16

¹⁵But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. ¹⁶But he would withdraw to desolate places and pray.

REFLECT

- What stands out to you about the way Jesus spends time with his Father?
- What might it look like for you to create space away from distractions to be present with God and listen for His voice?

RESPOND

Find a space and time where you can regularly retreat to be alone with God. Ask God to help you protect time to be alone with Him, to listen, and to be refreshed in His presence.

SECTION 3

WALKING IN FAITH



SECTION THREE: WALKING IN FAITH

Hearing God's voice is only the beginning - true transformation comes as we step out in faith and obedience. God calls us not just to listen, but to respond and to take action in trusting Him in both big decisions and everyday choices. Additionally, walking in obedience isn't a decision we make once; it is a continual choice requiring faith, surrender, and a willing heart despite challenges to our comfort or expectations.

In this section, we explore what it looks like to respond to the personal promptings God impresses on our hearts. Obedience to God requires a lot of wisdom; different seasons and different convictions require unique responses to God's voice. However, the picture of obedience never changes across the Bible. It's fully based on a surrender, trust, enjoyment, and hope in God's plan for each of us, and for the world.

As you meditate on these devotionals, we hope that these passages will serve as inspiration to discern your personal response to God following the fast. We're praying that this week will be filled with a deep-rooted joy in working out this response. As John H Sammis wrote in his old hymn:

When we walk with the Lord in the light of His Word,

What a glory He sheds on our way!

While we do His good will, He abides with us still,

And with all who will trust and obey.

Trust and obey, for there's no other way

To be happy in Jesus, but to trust and obey.

READ

JOHN 10:27–30

“²⁷My sheep hear my voice, and I know them, and they follow me. ²⁸I give them eternal life, and they will never perish, and no one will snatch them out of my hand. ²⁹My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand. ³⁰I and the Father are one.”

NUMBERS 9:18-23

¹⁸At the Lord’s command the Israelites set out, and at his command they encamped. As long as the cloud stayed over the tabernacle, they remained in camp. ¹⁹When the cloud remained over the tabernacle a long time, the Israelites obeyed the Lord’s order and did not set out. ²⁰Sometimes the cloud was over the tabernacle only a few days; at the Lord’s command they would encamp, and then at his command they would set out. ²¹Sometimes the cloud stayed only from evening till morning, and when it lifted in the morning, they set out. Whether by day or by night, whenever the cloud lifted, they set out. ²²Whether the cloud stayed over the tabernacle for two days or a month or a year, the Israelites would remain in camp and not set out; but when it lifted, they would set out. ²³At the Lord’s command they encamped, and at the Lord’s command they set out. They obeyed the Lord’s order, in accordance with his command through Moses.

REFLECT

- When God calls me to move or to wait, do I respond out of trust in my Father or out of fear, obligation, or impatience?

- What practices help me better recognize and respond to Jesus' voice?
- In what areas of my life might I be struggling to obey because I am struggling to trust?

RESPOND

Pray that Jesus would give you assurance in His protection and guidance. Pray that your deepening trust and love in God would guide you towards joyful obedience.

READ

2 CORINTHIANS 12:9-10

⁹But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”

EXODUS 4:10–12

¹⁰But Moses said to the Lord, “Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue.” ¹¹Then the Lord said to him, “Who has made man’s mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord?

¹²Now therefore go, and I will be with your mouth and teach you what you shall speak.”

REFLECT

- What specific weakness do I point to when God invites me to obey?
- Am I waiting to feel capable before I obey, rather than trusting God’s presence?
- How does it change things to remember that God fully knows my limitations and still calls me?

RESPOND

Ask God to reveal areas of weakness in your life. Pray that He would remind you that His grace is sufficient, and that His strength is made perfect in your weakness.

READ

JOSHUA 1:6-9

⁶Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. ⁷Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. ⁸This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. ⁹Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

REFLECT

- What fears surface when I sense God calling me to obey?
- Am I waiting for fear to disappear before obeying, or am I willing to move with God beside me?
- How does God's promise of presence change the way I face what scares me?

RESPOND

Pray that God would remind you that He is beside you wherever you go.
Pray that God would encourage you and give you the strength to obey
His commands, knowing that the God of the universe fights for us.

READ

MATTHEW 26:36-39

³⁶Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." ³⁷And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." ³⁹And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

LUKE 23:44-46

⁴⁴It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, ⁴⁵while the sun's light failed. And the curtain of the temple was torn in two. ⁴⁷Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.

REFLECT

- How does Jesus model obedience that is honest about pain but firm in surrender?
- What does it look like for me to entrust my life fully into the Father's hands?

RESPOND

Thank Jesus for setting the perfect example of obedience for us. Thank Jesus that because His obedience even unto the point of death, we can be saved and welcomed into his family. Ask the Lord for the strength to obey even through suffering, and to surrender you will to His.

READ

MATTHEW 28:18–20

¹⁸And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. ²⁰And behold, I am with you always, to the end of the age.”

JOHN 13:34-35

³⁴A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. ³⁵By this all people will know that you are my disciples, if you have love for one another.”

REFLECT

- How does knowing that Jesus has all authority shape the way you view obedience?
- What does it look like to “go” and to “love your neighbors”— in your relationships, work, and community?
- Who might God be inviting me you disciple, encourage, or speak to this week?

RESPOND

Ask Jesus to speak his authority into your life. Pray that Jesus would give you the eyes to see the people He's placed in your life and the heart to love them as Jesus loves us. Pray that you would live a life in obedience to the purpose God has called us to.



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