



Rooted

2026 Fasting Devotional

THE PLACE OF EXCHANGE WORSHIP CENTER

ROOTED 21 DAY CONSECRATION

DAY 1 — COMPASSION

Scripture: *Matthew 9:36 — “But when He saw the multitudes, He was moved with compassion...”*

Devotional

Compassion is not pity; it is love in motion. Jesus never looked at people and walked away untouched. His heart moved toward the broken, the weary, and the overlooked. When Scripture says He was “moved,” it reveals that compassion is an internal stirring that results in external action. That is an important note to remember- Internal stirring resulting in external action.

To be rooted in Christlikeness means allowing the suffering of others to awaken something holy inside us. Not to be overwhelmed, but to be engaged. Not to ignore, but to respond. Let me explain the difference between empathy, compassion, and kindness: Empathy is feeling *with* someone (their pain), compassion is feeling *for* them (hoping relief), and kindness is *doing* something to help (the action)

In a world that is growing colder, the compassion of Christ sets His people apart.

Fasting sharpens our sensitivity to the needs of others, reminding us that we are HIS hands and feet.

Actionable Moment

Reach out to someone who is hurting today, through a call, text, or act of kindness.

Meditation Moment

Breathe deeply and pray: “*Lord, break my heart for what breaks Yours.*” Sit in silence for **3 minutes**, occasionally repeating “*Lord, break my heart for what breaks Yours.*”

Fitness Plan (30 minutes)

Light walk & stretching.

Bible Reading: Luke 1

ROOTED 21 DAY CONSECRATION

DAY 2 — HUMILITY

Scripture: *Philippians 2:5–7 — “Let this mind be in you which was also in Christ Jesus...”*

Devotional

Humility is not weakness... Let us repeat that, Humility is not weakness... it is strength submitted. Jesus, who had every right to exalt Himself, chose the posture of a servant. His humility was not an act—it was His nature.

Humility positions us to hear God clearly, love people purely, and walk in purpose. Pride resists this formation, pride wants others to see our strength, but humility welcomes the transformation. When we choose humility, we create room for God to grow us, grow in us, and grow AS us.

Fasting humbles the soul. It quiets our appetites so the voice of God can rise higher. Fasting is a signal to your flesh (desires, wants, and needs) that you are not in control, the Spirit of Christ in me, is in control.

Actionable Moment

Choose one place today to *intentionally* take the lower seat—let someone else go first, be silent instead of defending yourself, or serve without acknowledgment.

Meditation Moment

Repeat: “*Decrease in me, Lord, and increase Yourself within me.*” .” Sit in silence for **3 minutes**, occasionally repeating “*Decrease in me, Lord, and increase Yourself within me.*”

Fitness Plan (30 minutes)

10 squats, 10 wall push-ups, 10 step-backs, stretch.

Bible Reading: Luke 2

ROOTED 21 DAY CONSECRATION

DAY 3 — OBEDIENCE

Scripture: *John 4:34 — “My food is to do the will of Him who sent Me...”*

Devotional

Obedience was Jesus' nourishment. Think of how much that breakfast sandwich and coffee satisfies you. He lived sustained by the Father's will. His obedience did not come from obligation—it flowed from relationship. True obedience is not rooted in willingness.

Obedience forms roots. It anchors your faith not in feeling, but in alignment. Jesus obeyed when it was easy and when it was costly. When obedience becomes our lifestyle, breakthrough becomes our normal. What should we be obedient to? That's easy- God's Will for your life. Every second, you are presented with a decision, some more consequential than others. When your focus is on obeying God's will, your decisions will align that intention. If your life and choices appear to be erratic right now, it could be an indicator your missing FOCUS- THE WILL OF GOD.

Fasting sharpens obedience because it trains the flesh to yield and the spirit to lead.

Actionable Moment

Obey one prompting of the Holy Spirit today—no hesitation. (And for those of you that are saying “I feel no prompting”- try again.... The Holy Spirit is ALWAYS leading you)

Meditation Moment

Pray: “*Lord, let my delight be to do Your will.*” Sit in silence for **5 minutes**, occasionally repeating “*Lord, let my delight be to do Your will.*”

Fitness Plan (30 minutes)

15-minute walk + 15-minute stretching or mobility.

Bible Reading: Luke 3

ROOTED 21 DAY CONSECRATION

DAY 4 — SERVANTHOOD

Scripture: *Mark 10:45* — “For even the Son of Man did not come to be served, but to serve...”

Devotional

Jesus did not serve people occasionally, He lived as a servant continually. He was always considering how His actions would uplift the people around Him. True servanthood requires a shift in identity—seeing ourselves not as consumers of ministry, but carriers of ministry. We don’t “do” ministry, rather our lives ought to be a ministry to others.

A servant’s nature, allows what we are naturally gifted to do, serve as a benefit to others. When we think of serving, we often think of something physical. But servants go deeper, they consider how their actions, speech, and behaviors allow the “Servant” to rise. One important truth to remember is servants are not passive; they do not allow others to “run over” them. Their commitment to serve gives them boldness to say NO to what does not ultimately honor God and their true selves.

When we fast, our hearts soften, our pride weakens, and the joy of serving becomes clearer. Servanthood builds a foundation of Christlikeness that cannot be shaken by recognition, reward, or applause.

Actionable Moment

Serve someone without telling them you did it.

Meditation Moment

Whisper: *“Lord, make me a servant like You.”* Sit in silence for **5 minutes**, occasionally repeating *“Lord, make me a servant like You.”*

Fitness Plan (30 minutes)

Core + light strength: 20-second planks x 3, seated leg lifts, gentle stretching. OR for those “senior”- Chair lifts (Sit in chair and lift without assistance. If you want to make it harder, as you sit, slow down and count to 5 before your fully sit)

Bible Reading: Luke 4

ROOTED 21 DAY CONSECRATION

DAY 5 — INTEGRITY

Scripture: 1 Peter 2:22 — “He committed no sin, nor was deceit found in His mouth.”

Devotional

Jesus' integrity was flawless. His yes meant yes. His no meant no. He lived transparently before the Father. Integrity is staying true to your core self regardless of outside influences.

Integrity is the root system of spiritual authority. It sustains calling, stabilizes relationships, and protects destiny. When your private life honors God, your public life becomes trustworthy. God will only respond to your authentic self. Ask yourself, why does my public self and private self mismatch? And which one is the true you? This may require some deep thought. Ask God to reveal you to YOURSELF. Do not be afraid to confront the inconsistencies that threatens the blessings God wants to rest on and in YOU.

Fasting exposes what has been hiding beneath the surface and strengthens the commitment to live truthfully.

Actionable Moment

Choose one area where you must correct, confess, or align. Write it down, pray, and set a plan to be correct.

Meditation Moment

Pray: “*Create in me a clean heart, O God.*” Sit in silence for **7 minutes**, occasionally repeating “*Create in me a clean heart, O God.*”

Fitness Plan (30 minutes)

Light resistance band routine + stretching. Or grab rice bags, can goods or anything heavy to lift.

Bible Reading: Luke 5

ROOTED 21 DAY CONSECRATION

DAY 6 — WISDOM

Scripture: *Luke 2:52 — “Jesus grew in wisdom...”*

Devotional

Wisdom is the ability to see life from God's viewpoint. Jesus navigated conversations, confrontations, and decisions with divine clarity. Wisdom in Luke 2:52, means “Intelligence”- Jesus grew/increased in intelligence. Not just worldly intelligence, but spiritual intelligence. Intelligence is the ability to learn, understand, reason, solve problems, and adapt. Think about that? As it relates to spiritual and natural affairs (which are often connected) imagine how operating in intelligence will impact your life. What if you were able to learn, understand, reason, solve problems, and adapt in ANY environment? Guess what? - You can! James 1:5 says “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

Wisdom roots you. It keeps you from impulsive choices and stabilizes your steps.

Fasting clears the noise and heightens spiritual discernment. As you seek God, He imparts wisdom that surpasses human reasoning.

Actionable Moment

Ask God for wisdom in one decision today—and wait for His direction.

Meditation Moment

Declare: “*Lord, guide my thoughts.*” Sit in silence for **7 minutes**, occasionally repeating “*Lord, guide my thoughts.*”

Fitness Plan (30 minutes)

Walk + stretch.

Bible Reading: Luke 6

ROOTED 21 DAY CONSECRATION

DAY 7 — FAITHFULNESS

Scripture: *Hebrews 3:2 — “Who was faithful to Him who appointed Him...”*

Devotional

Jesus never abandoned His assignment. Faithfulness is the quiet strength that carries us when emotion can't. Trust me, it's quiet! And often times if we're not mindful, and prayerful, our emotions can sound louder. Faithfulness requires knowledge, because there are some areas that God does not require you be in, thus no need for faithfulness. However, what about those places God does need you in? If you are unaware, you certainly cannot be faithful. Jesus never abandoned his assignment, because He knew how important the assignment was. He knew how his service to the assignment will benefit you and I. What is your assignment? What has God called you to? Have you allowed fear, discouragement, or worry keep you from embracing it fully?

To be rooted in Christlikeness is to remain steady—consistent in prayer, unwavering in devotion, committed even when unnoticed. Faithfulness is not glamorous, but it is powerful. And it comes with an incredible reward. Consider how faithfulness and integrity are closely linked.

Fasting teaches discipline. It strengthens endurance and cultivates spiritual consistency.

Actionable Moment

Finish one task you've been delaying. That's it- Today FINISH it (In my Mortal Kombat voice)

Meditation Moment

Breathe: *“Lord, establish me in faithfulness.”* Sit in silence for **7 minutes**, occasionally repeating *“Lord, establish me in faithfulness.”*

Fitness Plan (30 minutes)

Walking & Speed walking intervals

Bible Reading: Luke 7

ROOTED 21 DAY CONSECRATION

DAY 8 — COURAGE

Scripture: *John 2:17 — “Zeal for Your house has eaten Me up.”*

Devotional

Jesus faced danger, opposition, and rejection—yet He never retreated. Courage is not the absence of fear; it is confidence in God’s presence.

Jesus was fully man and fully God. Two natures. One mission.

Because He knew the Father was with Him, He stood firm in moments that would have broken anyone else. He reminded those around Him again and again: “*I and the Father are one.*” That assurance carried Him through the darkest hours.

Imagine sharing a meal... taking a walk... and suddenly being surrounded by armed officers. No explanation. Arrested. Interrogated for hours. Mocked. Beaten. Taken to a field, stripped, and whipped—bone against flesh—again and again.

Yet Jesus endured it all.

Not because it didn’t hurt.

But because He knew He wasn’t alone.

Courage roots you for kingdom assignment. It empowers you to stand, speak, and obey.

Fasting strengthens spiritual resolve and fortifies your inner man.

Actionable Moment

Do something today that fear has delayed.

Meditation Moment

Repeat slowly: “*The Lord is my strength.*” Sit in silence for **7 minutes**, occasionally repeating “*The Lord is my strength.*”

Fitness Plan

Leg Day Squats, lunges, step ups (use a chair or a step)

Bible Reading: Luke 8

ROOTED 21 DAY CONSECRATION

DAY 9 — GENTLENESS

Scripture: *Matthew 11:29 — “I am gentle and lowly in heart.”*

Devotional

Gentleness is strength under control. Jesus handled people with tenderness even when correcting them. He followed the Fathers example; tender, kind, patient, and merciful, yet firm in truth. Gentleness is a fruit of the Spirit- It allows kindness, compassion and love be our guide, while maintaining the standard of truth. AKA- Watch your words and your tone. Do my words and my tone reflect the nature of God? Or do they push people away from me? How does my delivery invite people to know God? Or does my delivery make people run? Gentleness allowed Jesus to build relationships with ALL people.

To be rooted in His gentleness means learning how to speak truth with grace, respond without harshness, and handle others the way God handles us.

Fasting softens the rough edges in our hearts.

Actionable Moment

Choose gentleness in one difficult conversation.

Meditation Moment

Pray: “*Lord, clothe me in Your gentleness.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, clothe me in Your gentleness.*”

Fitness Plan

Mobility + breathing work. Lie on your back or sit tall; place one hand on your belly, one on your chest. Inhale slowly through your nose, feeling your belly rise (chest stays still). Exhale slowly through pursed lips (like blowing bubbles), gently pulling your belly in.

Bible Reading: Luke 9

ROOTED 21 DAY CONSECRATION

DAY 10 — HOLINESS

Scripture: 1 Peter 1:16 — “Be holy, for I am holy.”

Devotional

OhOh... Are you Holy?? And before you answer that through the lens of tradition..... Holiness is not perfection. Repeat that- Holiness is not perfection. it is separation unto God. Jesus lived set apart—morally, spiritually, and purposefully. We should BECOME HOLY as well. Does this mean, there are certain things we won't do anymore? Absolutely, but its not because the behavior separates us from God, its because those things no longer align with our purpose. Those things make it difficult for us to achieve purpose.

Holiness roots us by aligning our hearts with God's standards. Not tradition standards, or culture standards.

Fasting purifies motives, cleanses desires, and turns us away from anything that contaminates the soul.

Actionable Moment

Remove one distraction, behavior, or influence that weakens your holiness (your ability to be set apart for your unique purpose)

Meditation Moment

Declare: *“Lord, make me holy as You are holy.”* Sit in silence for **10 minutes**, occasionally repeating *“Lord, make me holy as You are holy.”*

Fitness Plan (30 minutes)

Stretching + slow walking.

Bible Reading: Luke 10

ROOTED 21 DAY CONSECRATION

DAY 11 — MERCY

Scripture: *Luke 23:34 — “Father, forgive them, for they know not what they do.”*

Devotional

Mercy is compassion applied to what offends you. When someone or something offends you, our natural reaction is to respond to the offense, Jesus teaches us through example, the response should be mercy. Jesus extended mercy even to those who crucified Him. It's not a pass, it's an act of mercy. Mercy acknowledges that we all have messed up and caused offense, but to not hold it over us.

When we extend mercy, we break the cycle of retaliation and reflect the heart of Jesus. Extending mercy begins with seeing people the way God sees them, not merely responding to what they have done. Mercy is not cheap- Mercy always carries a cost. It costs pride, control, and sometimes the right to be understood. Yet this is where mercy reflects the cross, Jesus extended mercy at His own expense. In essence, mercy is not ignoring wrong—it is responding to wrong with the intention of redemption. Just like Christ.

When we learn to extend mercy this way, we do not lower the standard, we raise the witness.

Fasting weakens the pride that resists mercy and strengthens the humility that releases it.

Actionable Moment

Show mercy to someone who has disappointed you.

Meditation Moment

Whisper: “*Lord, let mercy triumph in me.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, let mercy triumph in me*”

Fitness Plan

10k Steps

Bible Reading: Luke 11

ROOTED 21 DAY CONSECRATION

DAY 12 — PATIENCE

Scripture: 2 Peter 3:9 — “The Lord is patient toward you...”

Devotional

Jesus never rushed destiny. He waited on the Father’s timing. He never rushed to the Cross, He was patient, establishing faith and character as He waited for His Father’s timing.

Patience roots you. It protects you from premature decisions and aligns us with God’s process. Biblical patience is persevering towards a goal, enduring trials, and expectantly waiting for a promise to be fulfilled. The Bible likens patience to endurance. A Christian runs the race patiently by persevering through difficulties. But, patience does not develop overnight. Its developed by allowing our Faith to fight for us. When we believe that God is working behind scenes, our faith is strengthened enough- and that produces patience. Work on your faith, and patience will come. We all have been victims of moving too fast, we all have seen the ugly effects of moving before time. Patience is a “hired man” for God, God allows patience to work for us, so we don’t go before it’s time. James 1:2-4 “² Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.”

Fasting teaches us to slow down internally and wait without agitation.

Actionable Moment

Practice patience in one scenario where you normally rush. This could be a profound life call, or something as simple as going the speed limit, or not racing through a yellow light. Today, slow down and wait.

Meditation Moment

Pray: “*Lord, steady my heart.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, steady my heart.*”

Fitness Plan

15,000 Step goal

Bible Reading: Luke 12

ROOTED 21 DAY CONSECRATION

DAY 13 — GENEROSITY

Scripture: 2 Corinthians 8:9 — “Though He was rich, yet for your sake He became poor...”

Devotional

Jesus lived open-handed. His generosity was not limited to money, it included time, attention, and compassion. Generosity gives freely anchored by wisdom. God's character will not contradict God's character. Generosity and wisdom go hand and hand. The Bible teaches the general principle that *those who are generous will find favor*. The biggest threat to generosity is a “stingy heart”- generosity is a heart thing. *For where your treasure is, there your heart will be also*. Matthew 6:21- Think of this scripture from a different perspective. Typically, this text teaches us that where you give shows where your heart is, however, think of the opposite, If you want a heart for something, give to it. If you invest in Google, you get more interested in news about Google. You follow it closely. There are lots of other tech companies, but you're more concerned about Google because you've invested in it.

Similarly, if you invest in the kingdom of God, your heart grows for the things of the kingdom. You become the recipient of your own giving. If you give towards TPOE, you become invested in it- Your treasure is where your heart is.

Generosity roots us by loosening the grip of selfishness and making us conduits of blessing.

Fasting reminds us that everything we have belongs to God.

Actionable Moment

Give today—time, finances, or help—expecting nothing in return.

Meditation Moment

Breathe deeply: “*Lord, make me generous like You.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, make me generous like You.*”

Fitness Plan (30 minutes)

Bodyweight: 10 squats, 10 lunges, 10 wall push-ups + stretch.

Bible Reading: Luke 13

ROOTED 21 DAY CONSECRATION

DAY 14 — FORGIVENESS

Scripture: **Matthew 18:21–22** — “Seventy times seven.”

Devotional

Forgiveness is not forgetting, it is releasing. It is releasing the person of the offense and retribution you think they deserve. I think that deserves repeating- Would you look at your neighbor and, in your best, preach voice, holler “Forgiveness is not forgetting, it is releasing.”

Jesus forgave repeatedly, freely, and fully

God is the ONLY one that has the power of Hebrews 8:12 “For I will forgive their wickedness and will remember their sins no more.”- God does not remember them- as humans... We will. Perhaps that's the hardest part of forgiveness, YOU REMEMBER. You remember the pain, you remember the hurt, you remember the betrayal. How can you forget, when your memory is so alive? And every time you remember, you re-live the hurt..... Ask me how I know!

So what do we do? Let Love LEAD. Love must be the hand you hold, that will lead you towards forgiveness. Jesus's love for people, helped him say, as they were killing Him “ Father, father, forgive them, for they don't know what they are doing” It was his love towards humanity.

When you allow love to lead, love will say “ I wont ever forget what you've done, but my love for Jesus, allows me to release you of the offense and the retribution... Because that's what Jesus did” My love for Jesus allows me to forgive you (even when I may not like you)- Remember, you can't be free, if you do not forgive.

Forgiveness uproots bitterness and roots our soul in freedom.

Fasting helps reveal buried wounds and empowers us to release them into God's hands.

Actionable Moment

Write down one name you need to forgive. Write down the pain, and hurt they caused. Afterwards- BURN IT. Begin the process of healing today.

Meditation Moment

Pray: “*Lord, help me release what I cannot carry.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, help me release what I cannot carry.*”

Fitness Plan

15,000 Steps

Bible Reading: Luke 14

ROOTED 21 DAY CONSECRATION

DAY 15 — DISCERNMENT

Scripture: *John 7:24 — “Judge with righteous judgment.”*

Devotional

Jesus saw beyond appearances. He discerned motives, spiritual climates, and the heart of men. Discernment is an inward work of the Holy Spirit. You cannot discern without the Holy Spirit. The Holy Spirit knows all things. The word *discern* means “to distinguish, to separate out by diligent search, to examine. Jesus allowed the Spirit of God in Him (the same Spirit in you) lead Him. That same Spirit gave Him intel into hearts and motives of people. When you allow the Holy Spirit to lead you, you automatically become a recipient of discernment. How does this work? Let’s look at the example- Jesus. The answer is spiritual sensitivity. James 2:26 teaches us that the body without the spirit is dead. So if your body were not influenced by spiritual things, then you wouldn’t be alive! The very fact that you’re living and breathing is proof that your body can be influenced by the spiritual realm.

More than any other spiritual reality, your physical body is designed to literally house the Holy Spirit. It is a temple. If you have received Him, He dwells in you. Just as much as your body enables your *human* spirit to interact with the physical realm, it should also allow the *Holy* Spirit to interact with the physical realm. Spiritual sensitivity is actually very natural because God has designed our physical bodies to react to the spiritual realm. And if we will be aware of how the spiritual realm affects our physical senses, discernment will be the result.- Hebrews 5:14 – But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

Discernment roots us by keeping us aligned with truth in a world full of deception.

Fasting sharpens spiritual perception by silencing the voice of the flesh.

Actionable Moment

Ask God for discernment in one conversation or decision today.

Meditation Moment

Repeat: “*Lord, open my eyes.*” Sit in silence for **10 minutes**, occasionally repeating “*Lord, open my eyes.*”

Fitness Plan (30 minutes)

Gentle stretching.

Bible Reading: Luke 15

ROOTED 21 DAY CONSECRATION

DAY 16 — PERSEVERANCE

Scripture: *Hebrews 12:2 — “For the joy that was set before Him endured the cross...”*

Devotional

Jesus persevered through betrayal, loneliness, and suffering. He never quit. Jesus is the ultimate example of rising above it all. Our enemy will produce everything in its arsenal to keep you from progressing. Internal and external attacks. To be rooted in Christlikeness means to develop the same tough skin Jesus had. It means to develop a vision minded mentality. A vision-minded mentality is the disciplined commitment to live, decide, and lead from a clear picture of what God intends, rather than reacting to what is immediately happening. It is the posture of seeing purpose before pressure and promise before problem.

A vision-minded mentality does not deny reality it interprets reality through revelation. It is the resolve to say, “I may not be there yet, but I refuse to live beneath what I’ve been shown.”

Perseverance roots you so deeply that storms can bend you but never break you.

Fasting builds endurance, both spiritually and physically, teaching the body and soul to endure discomfort for the sake of transformation.

Actionable Moment

Push through one task you feel tempted to abandon.

Meditation Moment

Pray: “*Strengthen me for the journey, Lord.*” Sit in silence for **10 minutes**, occasionally repeating “*Strengthen me for the journey, Lord.*”

Fitness Plan (30 minutes)

Core + light strength: 20-second planks x 3, seated leg lifts, gentle stretching. OR for those “senior” - Chair lifts (Sit in chair and lift without assistance. If you want to make it harder, as you sit, slow down and count to 5 before your fully sit)

Bible Reading: Luke 16

ROOTED 21 DAY CONSECRATION

DAY 17 — GRACE

Scripture: *John 1:14 — “Full of grace and truth.”*

Devotional

Jesus balanced grace and truth perfectly. Grace is God's empowering presence and unearned favor. Grace is the result of Jesus' life, death and resurrection. Grace frees us not only from sin, but from the crushing expectation of perfection. Under the Law in the Old Testament, people were held to a standard they could never fully meet—and failure always came with a penalty. The Law exposed sin, but it could not cure it.

Jesus did away with that system. He fulfilled the Law and introduced a new covenant rooted in grace. Grace does not demand flawlessness; it calls for faithfulness. Grace does not say, “Never fail,” it says, “Keep following.”

In essence, grace declares: I am not asking you for perfection, I am asking you for commitment.

Grace is not permission to be careless; it is power to be committed. Because of grace, we no longer approach God through fear of failure, but with confidence and consistency.

Grace does not say, “Be perfect.”

Grace says, “Stay committed.”

Stay committed to the process.

Stay committed to the Savior.

Stay committed to the walk.

Grace roots us by freeing us from performance and establishing us in God's love.

Fasting opens the heart to receive grace and extends it toward others.

Actionable Moment

Extend grace where you would normally express irritation. Remember: It could be for yourself.

Meditation Moment

Declare: *“Lord, let grace abound in me and through me”* Sit in silence for **12 minutes**, occasionally repeating *“Lord, let grace abound in me and through me”*

Fitness Plan

Rest

Bible Reading: Luke 17

ROOTED 21 DAY CONSECRATION

DAY 18 — MEEKNESS

Scripture: **Matthew 5:5** — “Blessed are the meek...”

Devotional

Meekness is controlled strength. Jesus possessed all power yet moved with calm authority.

CALM AUTHORITY

A few months ago, we did a sermon on meekness, and we learned that Meekness roots us because it stabilizes emotion and anchors our responses in godliness. Do you remember when we mixed the oils? Well, if you don't, earlier in 2025 we mixed an anointing oil. The oil was a combination of oils/spices the Bible tells are the ingredients of the anointing. Myrrh is one of the ingredients. The number-one ingredient for an anointed life is meekness and submission to God's will. Meekness is not weakness. Meekness is strength in harness for service. It's submitting all that you have in obedience to God, and when you do that, the anointing is attracted to your life. Submission and meekness is the wild, untamed, powerful stallion, submitting to GOD. The Bible says in Numbers 12:3, that Moses was the meekest man who ever lived, apart from Jesus. He reached a place—and not overnight, by the way, it took 40 years—where he understood his role was to do what God called him to do, and let God deal with the consequences. He put his self-will, rebellion, and stubbornness aside, and said yes to God despite himself.

Fasting quiets the impulses of the flesh so the Spirit may lead.

Actionable Moment

Respond softly where you feel tempted to react strongly.

Meditation Moment

Whisper: “*Lord, tame my spirit and lead my responses.*” Sit in silence for **12 minutes**, occasionally repeating “*Lord, tame my spirit and lead my responses.*”

Fitness Plan

Steps- In your house, or workplace, walk at least 7,000 steps

Bible Reading: Luke 18

ROOTED 21 DAY CONSECRATION

DAY 19 — RIGHTEOUS ANGER

Scripture: *Mark 11:17* — “My house shall be called a house of prayer...”

Devotional

Jesus showed anger, not uncontrolled rage, but righteous indignation against sin, injustice, and spiritual exploitation.

When was the last time you were anger for the TRUTH?

Jesus walks into the Church, and sees what people have done to it. What should be a place of peace, justice and love had became a place focused on money, status, and popularity. Jesus grows furious! Simply, because He knows the potential yet He sees their reality.

I wonder if Jesus were to “walk” in our churches, how would he respond?

I wonder if Jesus were to “walk” in our justice system, how would he respond?

I wonder if Jesus were to “walk” in our communities, how would he respond?

His response, should be OUR response.

What makes Jesus angry, should make us angry. Angry to enact CHANGE. When we know what God desires, we should be filled with a righteous anger when it is not fulfilled.

Being rooted means knowing what to stand against as much as what to stand for. Righteous anger protects what matters to God.

Fasting sharpens conviction and purifies motives so anger remains holy, not carnal.

Actionable Moment

Do one act today that stands for righteousness or justice.

Meditation Moment

Pray: “*Align my anger with Your heart.*” .Sit in silence for **12 minutes**, occasionally repeating “*Align my anger with Your heart.*”

Fitness Plan (30 minutes)

Squats, Chair lifts, walk 6,500 steps

Bible Reading: *Luke 19*

ROOTED 21 DAY CONSECRATION

DAY 20 — SACRIFICIAL LOVE

Scripture: *John 15:13 — “Greater love has no one than this...”*

Devotional

The love of Jesus is not passive, it is not stagnated, it is sacrificial and ALIVE. He loved with His time, His strength, His compassion, and ultimately His life. Since, Jesus is our example, what do you think our response to love should be? Exactly.... Jesus help me love like you!

Sacrificial love is rooted in the acknowledgment that loving requires a sacrifice. Time, energy, resources, - when we love someone, or something truly, on some level it cost us. Love gives and love will always leave a marker behind. The cross was our marker, Jesus gave his life. What are you willing to leave? What are you willing to give so that we mimic the love Jesus showed us. However, I urge you to be mindful of what you give, protect your markers as you would your life. Do not allow anyone to abuse them, in turn abusing you. Jesus gave His life, knowing God will give Him, His life back. It was not an empty sacrifice.

Sacrificial love roots us deeply, compelling us to love beyond convenience.

Fasting increases compassion, softens the heart, and aligns us with the self-giving nature of Christ.

Actionable Moment

Do something today that costs you time, energy, or comfort.

Meditation Moment

Repeat: “*Lord, teach me to love like You.*” Sit in silence for **12 minutes**, occasionally repeating “*Lord, teach me to love like You.*”

Fitness Plan (30 minutes)

Walking

Bible Reading: Luke 20

ROOTED 21 DAY CONSECRATION

DAY 21 — HOPE

Scripture: *Colossians 1:27* — “Christ in you, the hope of glory.”

Devotional

Jesus *is* hope. Not a concept. Not an emotion. A Person. Jesus in you, is the Hope of Glory

Jesus IN You = Hope of Glory.

What does that mean, “hope of glory”

Hope is the confident expectation

Glory is excellence (one of many meaning from the Greek word Doxa)

Hope of Glory- The confident expectation of excellence

As we near the end of this period of consecration, we have rooted ourselves in The confident expectation of excellence! We know that excellence is our portion!

Hope roots us because it anchors us in the unchanging nature of God.

Hope lifts the eyes, strengthens the heart, and stabilizes the soul.

Fasting clears spiritual fog and renews hope where disappointment once lived.

As you end this 21-day journey, know this:

You are different.

You are strengthened.

You are rooted.

Actionable Moment

Speak hope into your future—declare what God has promised.

Meditation Moment

Breathe deeply: “*My hope is in You, Lord.*” Sit in silence for **15 minutes**, occasionally repeating “*Lord, teach me to love like You.*”

Fitness Plan

NOW RUN!

Bible Reading: Luke 21

