

# New Life

## 2026 Devotional Guide



Children & Teen Guides Available online:

# Fasting Guide

**Fasting is a spiritual discipline used for increasing faith, sanctification, repentance, power, strength and hearing from God.** (*Esther 4:16; Isaiah 58; Joel 1:14; Acts 13:2&3; Acts 14:23*)

Types of Fasting

There are at least two known fasts in the Bible.

1. The Absolute Fast (Matthew 4:2)

This is a total fast, which includes complete refraining from food or drink for the duration of the fast. There will be periods of time when you can do absolute during the month of January

2. The Partial Fast (Daniel 10:3)

This fast is from particular food or things that hinder our spiritual growth.

3. The Daniel Fast

**This is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast**

**NOTE:** Fasting is not a diet or weight reduction plan. Consult your physician before you fast if you are on any medications or required to eat for other health reasons (diabetics, etc).

BISHOP DUDLEY AND NEW LIFE CHURCH ADVISE ALL LIFE CHANGERS TO CONSIDER THEIR PERSONAL HEALTH NEEDS AND TO CONSULT WITH THEIR PERSONAL PHYSICIAN PRIOR TO STARTING THIS OR ANY FAST.

## How to Prepare for the Daniel Fast

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### Scripture References for Fasting:

*Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14*

**Relation to Prayer and Reading of the Word:** *1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2*

**Corporate Fasting:** *1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37*

### What to Expect during the Fast:

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. Whether you choose option 1 or 2, make it sacrificial for you. This fast is not about rules of eating this or that—it is about GOING DEEPER—just fasting for the purpose of drawing closer to God. May God greatly bless you as you fast!

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## Introduction/Overview

LifeChangers this year's theme is CONNECTED! Connected to Jesus so we can grow in Christ! Connected to each other so we can grow our community!

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Connecting to those who do not know Christ so we can obey Jesus command to go make disciples. Connected to pledging so we can repair and upgrade our church – God's house. How will these and other connections such as prayer, studying the word, and serving work? I am glad you asked.

We begin the month of consecration with another Prayer Intensive. This year we are leveling up the Prayer Intensive with a "Prayer Revival". WHAT'S THAT you say? It's when we are taught prayer and then pray each night with expectation. We will use the framework of the Tabernacle/Temple that step by step takes us closer to God. This process will not only increase your prayer life but draw you closer to God in your relationship with God.

From there we move to each week of devotion. Week 1 is connection through partnering with Jesus; Week 2 is connection through being pruned by God so we can grow even more and produce more fruit; Week 3 is connection through being poured into by our savior; Week 4 is connection through producing more fruit.

Each week will be preceded by a brief introduction/overview with an in-depth theological study. This year the devotional guide is more than scripture prayer and journaling. This year it's all about connection for personal elevation which leads to you and New Life growing. The biblical foundation for this year of connection is John 15. Jesus uses the imagery of a vine/plant to show them how they will "turn the world upside down" after he is crucified, raised from the dead, and ascends back to heaven. The vine analogy tells us connection is everything and when you aren't connected you don't grow. The animal Kingdom shows us disconnected animals are picked off and preyed upon. This will not be our posture this year because we will be connected.

### **GOING DEEPER:**

#### A Theology of Connection

At the heart of the Christian life is not activity, achievement, or even morality, but connection. Scripture consistently reveals that transformation flows from

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relationship before it ever manifests in behavior. From Eden to the early church, God's desire has always been to dwell with His people and to form them through ongoing, covenantal relationship. In John 15, Jesus crystallizes this truth by framing discipleship as *abiding*—a sustained, life-giving connection between Himself and those who follow Him.

This devotional journey intentionally moves beyond surface engagement with Scripture and invites the LifeChanger into formational depth. “Going Deeper” is not about acquiring more information, but about submitting more fully to transformation. The practices, reflections, and Scriptures in this section are designed to shape how we think, how we choose, and how we live in everyday spaces. Connection is not merely a spiritual concept; it is the organizing principle of a faithful life.

As we move through these weeks, we will trace a clear theological movement: from connection, to correction, to cultivation, and finally to commission. Each stage builds upon the previous one. What God initiates through relationship, He refines through discipline, grows through the Spirit, and releases through mission. This introduction sets the framework for understanding that the connected life is not accidental—it is intentional, formed, and sustained by abiding in Christ.

LifeChangers, “are you ready to be connected?” Are you ready to connect others to Christ? I am and I know you are too! So let's go! Let's get connected!

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# Week One – January 1 - 7

## Week One: Connection Through Partnering With Jesus

**Scripture Focus:** *John 15:5 (NJB)*

*<sup>5</sup> I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing.*

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### GOING DEEPER – WEEK ONE

#### Partnership & Participation

In John 15, Jesus is not offering a motivational metaphor; He is establishing a theological architecture for discipleship. By naming Himself the *true vine*, Jesus is consciously situating His identity within Israel's story. Throughout the Old Testament, Israel was portrayed as God's vine—chosen, planted, and nurtured—yet consistently unable to bear lasting fruit (Isaiah 5; Psalm 80). Jesus now presents Himself as the faithful embodiment of what Israel was called to be, making clear that life with God is no longer sustained through lineage, law, or location, but through living connection to Him. To “remain” (*meno*) is covenantal language, describing an ongoing, intentional posture of relational dependence rather than a momentary spiritual experience.

This week, therefore, reframes faith as participation rather than performance. Jesus invites His disciples into the same relational rhythm He shares with the Father—one marked by trust, obedience, and shared purpose. Partnership with God does not mean equality of authority, but alignment of will. Participation is the lived expression of that alignment, where believers actively cooperate with the work God is already doing in the world. In this sense, discipleship is not about initiating activity for God but discerning and joining the divine movement already in progress.

As we move through these first seven days, we are being formed at the deepest level of identity and orientation. This is a corrective to the modern tendency toward spiritual independence, where faith becomes privatized and disconnected from daily life. Week One calls us back to abiding as the primary spiritual discipline, because everything else—pruning, growth, fruit, and mission—flows from this foundational connection. Before God produces fruit through us, He establishes relationship within us. This is the ground floor of a connected life, and it is the soil in which the entire journey ahead will take root.

### DAY 1 — CONNECTIVITY

**Today's Truth:** *John 15:5 (NJB)* “*I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing.*”

#### Deeper Truth

Jesus speaks these words on the night of His arrest, while walking from the Upper Room toward Gethsemane. This is His final teaching moment before the cross. In John 15, He draws on vineyard imagery deeply rooted in Israel's story—Israel was God's vine that failed to produce fruit (Isa 5). Now Jesus proclaims Himself as the true Vine, the faithful Israel in person. The disciples—and we—become branches only through Him. Connection is not symbolic; it's spiritual, covenantal, and vital. He invites them into the same union He shares with the Father,

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promising that His life, Spirit, and vitality will flow into them as sap into the branches.

**Point to Ponder**

Connection to Christ is not optional—it is oxygen.

**Point to Pray**

“Lord, help me recognize the life flowing through me because I am connected to You.”

**Point to Pen**

Where do I feel the life of Christ flowing in my daily rhythm?

## **DAY 2 — CO-LABORERS**

**Today's Truth** *1 Corinthians 3:9* “*For we are laborers together with God...*”

**Deeper Truth**

Paul writes to a divided Corinthian church arguing over personalities—Apollos, Paul, Cephas. Paul corrects them by teaching that no leader produces fruit alone. All are God’s co-workers, and God gives the increase. Jesus modeled this first: in John 5:19, He said He did nothing independently but worked in total partnership with the Father. This divine-human cooperation becomes the pattern for disciples. Jesus calls ordinary people, fills them with extraordinary grace, and makes them His partners in God’s redemptive work.

**Point to Ponder**

When I work with God, I work at a divine advantage.

**Point to Pray**

“Father, thank You for trusting me enough to partner with You in Your kingdom work.”

**Point to Pen**

Where is God inviting me to work with Him, not just for Him?

## **DAY 3 — COOPERATION**

**Today's Truth** *Philippians 2:13*

“*For it is God who works in you both to will and to act according to His good pleasure.*”

**Deeper Truth**

Paul writes from prison, reminding the Philippians that spiritual formation is cooperative. God initiates transformation, but we must respond. Jesus cooperated with the Father perfectly—He only acted where the Father led (John 5:30). In the same way, remaining in Christ requires yielding to the Spirit’s gentle nudges and resisting the world’s competing agendas. Cooperation means alignment of will, desire, and obedience.

**Point to Ponder**

The branch doesn’t force fruit—it cooperates with the vine.

**Point to Pray**

“Holy Spirit, teach me to cooperate fully with Your movements in my heart.”

**Point to Pen**

Where am I resisting the Spirit’s leading?

**DAY 4 — COHABITATION****Today’s Truth** *John 14:17*

*“...He lives with you and will be in you.”*

**Deeper Truth**

Jesus promises the coming of the Spirit who will do something unheard of in Israel’s history: permanently indwell God’s people. In the Old Testament the Spirit came upon people temporarily; in the New Covenant the Spirit will live within them. This is divine cohabitation—God making His home in human hearts. Jesus prepares His disciples for this shift: He is leaving physically so He can return spiritually in a way that is more intimate and transformative.

**Point to Ponder**

Where I live determines how I live—and Christ lives in me.

**Point to Pray**

“Lord, dwell richly in me. Fill every room of my heart.”

**Point to Pen**

What part of my inner life needs to make more room for God?

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## DAY 5 — COORDINATION

**Today's Truth** *John 15:2*

*"Every branch that bears fruit He prunes so it will bear more fruit."*

### Deeper Truth

Jesus teaches that even fruitful branches are pruned. In Israel's viticulture, pruning was essential: removing excess leaves, shoots, and clusters ensured better, not lesser, harvests. Spiritually, pruning is God's coordination—aligning our activity with His priorities. The disciples wanted Jesus to build an earthly kingdom; Jesus was coordinating them toward a heavenly mission. His pruning brought them into the rhythm of God's plan.

### Point to Ponder

Pruning doesn't punish effort—it purifies focus.

### Point to Pray

"Father, align my heart, schedule, and priorities with Your mission."

### Point to Pen

What is God pruning for the sake of better fruit?

## DAY 6 — COLLABORATION

**Today's Truth** *Acts 1:14*

*"They all joined together constantly in prayer..."*

### Deeper Truth

After Jesus ascends, the disciples wait in Jerusalem as instructed. They don't scatter—they collaborate. This prayerful unity is what births Pentecost. Their connection to Christ becomes collaboration with one another. The church is birthed not by individual brilliance but by collective obedience. Fruitfulness multiplies when believers collaborate under the Spirit's leading.

### Point to Ponder

Heaven collaborates where believers unify.



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## Point to Pray

“Lord, make me a unifier and collaborator in Your kingdom work.”

## Point to Pen

Who is God calling me to collaborate with this year?

## Wednesday, January 7<sup>th</sup>

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Send prayer requests to [www.linktree.com/thisismynewlife](http://www.linktree.com/thisismynewlife) - click prayer requests.

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## DAY 7 — COMMUNION

### Today's Truth *John 15:4*

*“Remain in me, as I remain in you.”*

### Deeper Truth

“Remain” (Greek: meno) means dwell, abide, stay, settle in. It is relational intimacy intended since Eden. Sin broke communion with God; Jesus restores it. As He walks toward Gethsemane—the site of His ultimate surrender—He invites His disciples into restored communion with God and with each other. Communion is not just a ritual; it is a relational rhythm.

### Point to Ponder

Communion is the daily choice to stay connected to Christ.

### Point to Pray

“Jesus, deepen my communion with You throughout this consecration.”

### Point to Pen

How will I maintain communion with Christ beyond this week?

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## Week Two: January 8<sup>th</sup> – 14<sup>th</sup>

### Week Two: Connection Through Being Pruned by God (January 8–14)

**Scripture Focus:** *John 15:2 (KJV)* <sup>2</sup> Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit

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#### Reflection:

LifeChangers, you've learned how to partner by leveling up your prayer life cooperating collaborating communing Co laboring and so much more via connection. Now it's time to indoor consecration to another level. When Joshua told the children of Israel to consecrate themselves, they had to be circumcised. Consecration and closer connection with God always require you to cut off your flesh. Week 2 is going to take you down the road of getting a closer connection with God. Make sure you read the deep dive for Week 2. It will empower you to cut through the things that come between you and Christ.

#### GOING DEEPER

##### Pruning & Plowing\*\*

If Week One establishes the necessity of connection, Week Two confronts the **cost of** fruitfulness. In John 15, Jesus makes it clear that remaining in Him does not exempt the believer from pruning; rather, it guarantees it. Pruning is God's formative work of removing what competes with spiritual vitality so that greater fruit can emerge. Biblically, discipline is never punitive for God's people—it is purposeful, rooted in love, and aimed at maturity.

This week introduces the theological tension between growth and loss. Pruning requires surrender—of habits, assumptions, distractions, and sometimes even good things that no longer serve God's greater purpose. Plowing complements pruning by addressing the soil of the heart. Before new seed can take root, hardened ground must be broken. Scripture repeatedly affirms that transformation requires disruption, not to destroy the believer, but to prepare them for deeper formation.

As we go deeper this week, we are invited to reinterpret discomfort as divine preparation. God is not dismantling our lives; He is reordering them. This season of cutting and turning is essential for spiritual depth. What feels like reduction is often divine refinement. Pruning and plowing prepare us for a faith that is resilient, fruitful, and capable of sustaining the weight of what God desires to grow through us.

#### DAY 8 — CONSECRATION

##### Today's Truth *John 15:2 (KJV)*

*"Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit."*

##### Deeper Truth

In Jewish vine-keeping, pruning had two phases: removing dead wood and cutting back living wood for greater yield. Jesus uses this familiar imagery to explain the spiritual work the Father performs on His people. Even fruitful believers experience pruning—not because they're failing,

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but because they're chosen for greater harvest. Jesus Himself endured the ultimate pruning as He surrendered His will to the Father in Gethsemane and on the cross. Consecration is our participation in that surrender—letting God trim away anything that hinders growth so we bear what He designed.

**Point to Ponder**

Consecration clears the ground so God can cultivate the harvest.

**Point to Pray**

“Lord, strip away everything that competes for my devotion so I can be wholly Yours.”

**Point to Pen**

What is God calling me to set aside so He can set me apart?

**DAY 9 — CONTINUE**

**Today's Truth** *Galatians 6:9*

*“Let us not be weary in well doing: for in due season we shall reap, if we faint not.”*

**Deeper Truth**

Paul writes to a persecuted and exhausted church, encouraging them not to quit before harvest time. Pruning seasons are tiring—branches are cut back, soil is turned, and progress appears invisible. Yet Jesus calls His disciples to endurance. He Himself continued through betrayal, agony, and abandonment, trusting the Father's plan beyond His present pain. Continuing is an act of faith that the cutting is only the beginning of the blooming.

**Point to Ponder**

Continuing is how I honor the connection when pruning doesn't feel good.

**Point to Pray**

“Father, strengthen my resolve. Help me continue when quitting feels easier.”

**Point to Pen**

Where do I need spiritual stamina to continue?

## DAY 10 — CUT

**Today's Truth** *Hebrews 12:11*

*"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness..."*

### Deeper Truth

The writer of Hebrews reminds believers that God's corrective pruning is evidence of His fatherly love. Ancient viticulturists used small knives to cut back excess growth, understanding that the vine's strength needed to be channeled, not scattered. God's cuts remove what drains life, blocks sunlight, or chokes fruit. Jesus experienced this divine "cutting" as the Father's will carved a path through the cross to resurrection. Every cut has purpose.

### Point to Ponder

God never cuts to hurt—He cuts to heal and to harvest.

### Point to Pray

"Lord, cut away distractions, illusions, and attachments that stunt my growth."

### Point to Pen

What painful pruning is producing long-term good?

## DAY 11 — CULL

**Today's Truth** *Matthew 6:33*

*"But seek first the kingdom of God and His righteousness..."*

### Deeper Truth

Culling is the process of choosing the best clusters and removing the rest so they don't rob nutrients. Jesus teaches His disciples to prioritize God's kingdom above all competing pursuits. In a world filled with anxieties about provision, status, and survival, Jesus calls for single-minded focus. Culling is the discipline of choosing what aligns with the kingdom and eliminating what dilutes purpose.

### Point to Ponder

Spiritual focus requires spiritual filtering.

### Point to Pray

"Father, help me choose Your kingdom above all lesser concerns."

### Point to Pen

What good things might I need to cull to make room for God's best?

## DAY 12 — CLIP / CARVE

**Today's Truth** *Hebrews 12:1*

*"Let us lay aside every weight... and run with endurance the race set before us."*

### Deeper Truth

Before pruning a vineyard, the ground is carved into rows so water and sunlight can reach the roots. Likewise, believers must carve out new pathways for spiritual growth. Clipping speaks to cutting back; carving speaks to shaping forward. Jesus carved a new path for humanity through obedience, suffering, and resurrection, becoming the "way" back to the Father. Our spiritual lives require intentional reshaping so the seed of His Word finds fertile soil.

### Point to Ponder

Clipping removes what's in the way; carving reveals the way forward.

### Point to Pray

"Lord, carve new paths in my mind, habits, and heart."

### Point to Pen

What path is God carving for me in this season?

## DAY 13 — CULTIVATE / CARES

**Today's Truth** *1 Peter 5:7*

*"Cast all your cares on Him, for He cares for you."*

### Deeper Truth

Peter, a former fisherman familiar with nets and casting, instructs believers to throw their anxieties onto God. In the vineyard, cultivation requires constant care—shaping vines, supporting weak branches, and protecting against pests. Jesus cultivated His disciples through teaching, correction, and compassion. God continues to cultivate us, not carelessly but carefully, guiding our growth with tender hands.

### Point to Ponder

God's care cultivates my capacity to carry fruit.

**Point to Pray**

“Father, I release every worry into Your caring hands. Cultivate my peace.”

**Point to Pen**

What worries do I need to cast so God can cultivate?

**Wednesday, January 14<sup>th</sup>**

**Join First Lady & me 4 Prayer @715am! Either CALL this number: 559-671-2083 OR Join us on FB Live BishopDudleyPhD page.**

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**DAY 14 — CLEANSE / CURTAIL**

**Today's Truth** *John 15:3*

*“You are already clean because of the word I have spoken to you.”*

**Deeper Truth**

In Greek, “clean” (*katharoi*) means pruned, purified, trimmed to purpose. Jesus tells His disciples they are already “cleaned” by His teaching—His Word has pruned their worldview, redirected their desires, and reshaped their identity. Cleansing is not condemnation—it is preparation. To curtail means to cut short or restrain; the Spirit restrains anything in us that threatens fruitful living.

**Point to Ponder**

**The Word cleanses what the world contaminates.**

**Point to Pray**

“Lord, cleanse my thoughts, my motives, and my habits through Your Word.”

**Point to Pen**

What boundary do I need to establish or curtail for spiritual growth?

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## Week Three: (January 15–21)

### Connection by Being Poured into By Our Savior

**Scripture Focus:** *John 15:5* (NJB)

*<sup>5</sup> I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing.*

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**Reflection:** LifeChangers you are halfway there! Are you growing? Are you feeling more connected? How was the pruning process? I am sure you learned the clipping, coring and culling has cultivated a deeper walk with God. Now it's time to Pour and Plant. How? You have to be consistent! You must be confident! Your consistency matters! All of this and more will result in crops.

Speaking of crops, I remember when I was a teenager “cropping” picking tobacco in the hot North Carolina fields. It was my summer job. It was hard work. I learned a valuable work ethic “cropping” picking tobacco as well as cucumbers and anything you tend to consistently grows and produces a harvest. That is the rhythm connection produces in your life. So lets get going we are at home stretch.

### **GOING DEEPER - Pouring & Planting**

Having addressed what must be removed, Week Three turns our attention to what God is actively **supplying and cultivating**. Scripture teaches that growth is never self-generated; it is always the result of divine provision. Jesus promises that those who remain in Him will experience the ongoing flow of life through the Spirit. This week highlights the theology of divine outpouring—God supplying what we cannot produce on our own.

Planting is an intentional act. Seeds do not grow simply because soil exists; they grow because something has been deliberately placed there. In the same way, God plants truth, purpose, and calling within us through His Word and Spirit. This week invites the LifeChanger to consider what God is depositing in their life during this season and how intentional spiritual practices create the conditions for sustained growth.

As we go deeper, the focus shifts from correction to cultivation. This is where confidence, consistency, and discernment are formed. The believer learns not only to receive from God, but to protect what He is growing. Pouring and planting remind us that spiritual maturity is not rushed—it is nurtured. God is patient in His process, and He invites us to become faithful stewards of what He has entrusted to us

### **DAY 15 — CONSTANT**

**Today's Truth** *John 7:38*

*“Whoever believes in Me... rivers of living water will flow from within them.”*

### **Deeper Truth**

Jesus spoke these words during the Feast of Tabernacles, when priests poured water at the temple altar to symbolize God's provision in the wilderness. Jesus declares that He Himself is

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the true source of living water—referring to the Spirit who would soon be poured into believers. Just as a vine draws constant nourishment from the earth, disciples draw continual life from the indwelling Spirit.

**Point to Ponder**

God is constant in His pouring—am I constant in my receiving?

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**Point to Pray**

“Holy Spirit, keep my heart open to Your continual flow.”

**Point to Pen**

Where must I grow more constant in my connection to God?

## **DAY 16 — CONFIDENCE**

**Today's Truth** *Hebrews 10:35*

*“Do not throw away your confidence; it will be richly rewarded.”*

**Deeper Truth**

The Hebrew believers were facing persecution and discouragement. Some were shrinking away; others were tempted to return to old religious systems. The writer reminds them that their confidence doesn't come from circumstances but from Christ, whose sacrifice ensures access to God. Confidence is a fruit of connection: the more deeply we remain in Christ, the more boldly we stand in faith.

**Point to Ponder**

Confidence is not a feeling—it's the fruit of remaining.

**Point to Pray**

“Lord, restore my confidence in Your promises and purpose.”

**Point to Pen**

Where is God calling me to stand confidently?



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## DAY 17 — CONSISTENT

**Today's Truth** *1 Corinthians 15:58*

*"Be steadfast, immovable, always abounding in the work of the Lord..."*

### Deeper Truth

Paul ends his great resurrection chapter by reminding believers that because Jesus lives, their work is never wasted. Consistency is the evidence of mature roots. A vine that is deeply rooted can withstand storms, drought, and seasons of barrenness. Jesus was consistent in prayer, love, obedience, and mission—showing us the rhythm of kingdom life.

### Point to Ponder

Consistency is the soil where great fruit grows.

### Point to Pray

"Lord, develop holy consistency in me—steady, faithful, and rooted."

### Point to Pen

In what spiritual practice do I need new consistency?

## DAY 18 — COMMENCE

**Today's Truth** *John 14:31*

*"Rise, let us go from here."*

### Deeper Truth

Jesus ends His teaching in John 14 by telling the disciples it's time to move. They couldn't stay in the Upper Room—they had to commence the journey toward Gethsemane. Movement was necessary for the mission. God often uses pruning as preparation for launching. When Jesus says "rise," He speaks both physically and prophetically. New assignments require new movements.

### Point to Ponder

Pruning prepares me for movement—purpose requires commencement.

### Point to Pray

"Father, give me courage to step into what You are beginning."

### Point to Pen

What new beginning is God calling me to?

## **DAY 19 — CONSERVATION / CONTAINMENT**

**Today's Truth** *Proverbs 4:23*

*"Guard your heart with all diligence..."*

### **Deeper Truth**

Solomon instructs his son to guard his heart because the heart is the control center of life. In the vineyard, walls and hedges protect the vines from thieves, animals, and contamination. Likewise, believers must guard their inner lives so the fruit God is producing isn't contaminated by fear, bitterness, temptation, or distraction. Spiritual conservation preserves spiritual vitality.

### **Point to Ponder**

**What I protect determines what I produce.**

### **Point to Pray**

"Lord, help me guard what You are growing in me."

### **Point to Pen**

Which heart-boundary must I strengthen?

## **DAY 20 — CONFAB / CONFIRMS**

**Today's Truth** *Psalms 25:14*

*"The secret of the Lord is with those who fear Him..."*

### **Deeper Truth**

The psalmist reveals that God discloses His secrets—His counsel, guidance, direction—to those who walk in reverence. Confab means to converse intimately. God confirms His will through His Word, His Spirit, and His people. Jesus repeatedly told His disciples that He only spoke what He heard from the Father. Remaining keeps us close enough to hear, and humble enough to obey.

### **Point to Ponder**

God confides in the connected.

### **Point to Pray**

“Lord, let me hear Your whisper and obey Your confirmation.”

### **Point to Pen**

What has God been whispering in this season?

### **Wednesday, January 21<sup>st</sup>**

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### **DAY 21 — COLLECTION / CROP**

#### **Today's Truth** *Ephesians 4:16*

*“...from Him the whole body, joined and held together... grows and builds itself up in love, as each part does its work.”*

#### **Deeper Truth**

Paul describes the church as a body and a building—but also as a living organism growing together. Fruit in Scripture is rarely individualistic; it is collective. Israel's harvest feasts were communal celebrations. Jesus desires “much fruit” (John 15:8), meaning the combined yield of all connected branches. The crop is the community—the Spirit's fruit manifested through unity.

#### **Point to Ponder**

My fruit is part of a bigger harvest.

#### **Point to Pray**

“Lord, make my contribution strengthen the whole vineyard.”

#### **Point to Pen**

How am I contributing to the collective harvest at New Life?

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## Week Four: (January 22–31)

### **The Promise of Prayer – Focus: Becoming More Like Jesus**

**Scripture Focus:** *1 John 5:14-15 – “If we ask anything according to His will, He hears us.”*

#### **Reflection:**

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LifeChangers – it all comes down to this: Produce! And Prosper! After you have been consistent, constant, confident and “cropped” all that’s left is prosperity. At the end of the day Jesus was telling his disciples and us to be fruitful. Our lives connected to Christ as the vine we cannot help but to be fruitful. Now that you are fruitful be generous with your fruit. Serve more! Love more! Give more to the after the Storm Pledge! Be more peaceful! Show more kindness! Extend more grace! Show more goodness! Your gentleness should be self-evident! Be more fruitful in your relationships! And no one should be able to question your self control! You figured it out – MORE FRUITFUL because your connection to Christ is tighter more than ever before! In our final week together, we talk more specifically what all this will accomplish. To what end has been our month-long focus? Jesus was about to depart and be cut off, but the connection he made endures despite the circumstances. He offers them everlasting life that even death has no power over. What a promise!

#### **GOING DEEPER – Producing & Prospering**

Week Four moves us from formation to fruitfulness with purpose. Jesus is explicit in John 15 that the goal of abiding is not merely personal growth, but lasting fruit that brings glory to God. Biblical prosperity is never disconnected from mission; it is the capacity to produce what benefits others and advances God’s kingdom. This week reframes prosperity away from accumulation and toward impact.

Producing fruit is both individual and communal. Scripture consistently presents fruitfulness as something that strengthens the whole body, not just the individual believer. Community, consistency, and commission are inseparable from spiritual maturity. As believers remain connected to Christ, their lives begin to bear witness—to families, churches, and communities—of what a transformed life looks like.

As we go deeper in this final week, we are reminded that connection leads to continuation. What God begins through abiding, He intends to sustain through obedience and release through mission. Producing and prospering is not the end of the journey; it is the outward expression of an inwardly formed life. The connected believer does not simply grow—they are sent. This is where connection becomes legacy.

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## DAY 22 — CONTINUITY

**Today's Truth** *John 15:5 (NET)*

*"...apart from Me you can accomplish nothing."*

### Deeper Truth

Jesus reveals the spiritual reality behind all true accomplishment: only what flows from Him endures. He is the continuity between Eden and the New Jerusalem, between the Father and creation, between heaven and earth. Every biblical promise finds its "yes" in Him (2 Cor 1:20). To produce fruit that lasts, we must remain in the One who spans eternity.

### Point to Ponder

Connection gives continuity; disconnection leads to futility.

### Point to Pray

"Lord, continue Your work in me and through me."

### Point to Pen

What part of Christ's work am I being called to continue?

## DAY 23 — CAMARADERIE

**Today's Truth** *Luke 10:1*

*"He sent them out two by two..."*

### Deeper Truth

Jesus never sent His disciples alone. Ministry has always been communal. Two-by-two mirrors the Trinity's fellowship, the animals entering the ark, and God's declaration: "It is not good for man to be alone." Camaraderie strengthens the mission and protects the witness. The early church thrived because they moved together.

### Point to Ponder

If Jesus didn't send disciples alone, neither should I walk alone.

### Point to Pray

"Lord, strengthen my kingdom partnerships."

### Point to Pen

Who is God calling me to walk with in deeper camaraderie?

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## DAY 24 — COMPANIONSHIP

**Today's Truth** *John 14:18*

*"I will not leave you comfortless..."*

### **Deeper Truth**

Jesus reassures His disciples that His physical departure does not mean relational abandonment. The Spirit will come alongside them (Greek: *paraklētos*—comforter, advocate, companion). The Spirit will guide, strengthen, and reveal Jesus continuously. The companion Christ gives is not temporary—it is eternal.

### **Point to Ponder**

**The Spirit is my constant companion in every season.**

### **Point to Pray**

"Holy Spirit, walk with me, lead me, and comfort me today."

### **Point to Pen**

Where do I need to lean into the Spirit's companionship more deeply?

## DAY 25 — CONSOLIDATION

**Today's Truth** *Romans 8:28*

*"All things work together for good..."*

### **Deeper Truth**

Paul teaches that God weaves all events—good, painful, confusing—into a purposeful design for those who love Him. Jesus' entire mission was the consolidation of Scripture's promises: the prophecies, patterns, and shadows all meet in Him. In our lives, God joins seasons, lessons, scars, and blessings into a coherent story of redemption.

### **Point to Ponder**

God is arranging what seems scattered into something sacred.

### **Point to Pray**

"Lord, consolidate my past, present, and future into Your purpose."

### **Point to Pen**

What pieces of my life is God pulling together right now?

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## DAY 26 — COMMUNITY

**Today's Truth** *Acts 2:44*

*"And all who believed were together..."*

### Deeper Truth

After Pentecost, the Spirit didn't just fill individuals—He formed a Spirit-filled community. They shared meals, prayers, possessions, and mission. Eden's lost unity is restored in the church. Jesus' fruit is fully manifested in community: love, service, generosity, belonging, and mutual care.

### Point to Ponder

Fruit grows in fellowship, not isolation.

### Point to Pray

"Lord, deepen my commitment to the community of believers."

### Point to Pen

How can I contribute to the strengthening of New Life's community?

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## DAY 27 — CONSISTENCY

**Today's Truth** *Galatians 5:25*

*"Since we live by the Spirit, let us keep in step with the Spirit."*

### Deeper Truth

Paul contrasts the works of the flesh with the fruit of the Spirit. Life in the Spirit is not sporadic—it is rhythmic. Just as vines grow consistently through seasons, believers must cultivate regular rhythms of prayer, Scripture, worship, fasting, fellowship, and service. Consistency is discipleship's engine.

### Point to Ponder

Consistency turns spiritual sparks into spiritual flames.

### Point to Pray

"Lord, anchor my life in consistent obedience."

### Point to Pen

Where do I sense the Spirit inviting more discipline and rhythm?

Wednesday, January 28<sup>th</sup>

Join First Lady & me 4 Prayer @715am! Either CALL this number: 559-671-2083 OR  
Join us on FB Live BishopDudleyPhD page.

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Send prayer requests to [www.linktree.com/thisismynewlife](http://www.linktree.com/thisismynewlife) - click prayer requests.

Join us for Noon Day Prayer! Join us for Lite Meal – 545pm & Bible Study 630pm

## DAY 28 — COMMISSION

**Today's Truth** *Matthew 28:19*

*"Go therefore and make disciples..."*

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### Deeper Truth

Jesus ends His earthly ministry by passing His mission on to His disciples. The commission is not an optional add-on—it is the inevitable fruit of connection. Branches that remain in Him naturally share His life with the world. Mission is the overflow of intimacy.

### Point to Ponder

Connection leads to commission—fruit must be shared.

### Point to Pray

"Jesus, send me with Your authority and anointing."

### Point to Pen

Where is God sending me in 2026?

## BONUS DAYS

## DAY 29 — COURAGEOUS

**Today's Truth** *Joshua 1:9*

*"Be strong and courageous..."*

### Deeper Truth

Joshua faced the impossible task of leading Israel into the Promised Land after Moses' death. God commands courage—not because Joshua felt strong, but because God promised His presence. Courage grows where connection deepens. Jesus infused courage into the disciples, who later stood before rulers and rulers with holy boldness.

### Point to Ponder

Courage is the byproduct of God's presence.

### Point to Pray

"Lord, empower me with courage to walk boldly into my assignment."

### Point to Pen

Where do I need holy courage this year?



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## DAY 30 — CONTAGIOUS

**Today's Truth** *Psalm 34:8*

*"Taste and see that the Lord is good..."*

### **Deeper Truth**

David invites others to experience God personally. Fruit is meant to nourish others, and fruit carries seeds for future growth. The early church spread not by force but by contagion—believers lived such compelling lives that others "tasted and saw" the goodness of God.

### **Point to Ponder**

A connected life is a contagious life.

### **Point to Pray**

"Lord, make my life a testimony that draws others to You."

### **Point to Pen**

Who needs to taste the fruit of my life in 2026?

## DAY 31 — COMPLETION

**Today's Truth** *Philippians 1:6*

*"He who began a good work in you will carry it on to completion..."*

### **Deeper Truth**

Paul writes with confidence that God finishes what He starts. Jesus began a work in the disciples in John 15, and through the Spirit He completed it in Acts. The Father is the Vinedresser—He doesn't abandon His vineyard. Consecration prepares us for continuation; continuation leads to completion. God completes both the process and the promise.

### **Point to Ponder**

If God started it, God will finish it.

### **Point to Pray**

"Lord, complete the work You have begun in me this month."

### **Point to Pen**

What work has God begun in me that I trust Him to complete?

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## Family Section: FOR CHILDREN & TEENS



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## **Appendix A: Absolute Fast Day Prayer Helps**

### **Prayer Promises to Pray**

- ☐ *Jn 14:13..... “And whatever you ask in My name, that I will do, that the Father may be glorified in the Son.”*
- ☐ *Isa 55:11..... “So shall My word be that goes forth from My mouth; it shall not return void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”*
- ☐ *Jn 15:7..... “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”*
- ☐ *Mt 18:18..... “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”*
- ☐ *Mt 18:19..... “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.”*
- ☐ *Jn 15:16..... “You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.”*
- ☐ *Jer 29:12..... “Then you will call upon Me and go and pray to Me, and I will listen to you.”*
- ☐ *Isa 65:24..... “It shall come to pass that before they call, I will answer, and while they are speaking I will hear.”*
- ☐ *Ps 91:15..... “He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him.”*
- ☐ *Ps 141:2..... “Let my prayer be set before You as incense, the lifting of my hands as the evening sacrifice.”*

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### **Scripture Prayers for My Needs**

- ☐ *Mt 6:8.”your Father knows the things you have need of before you ask Him.*
- ☐ *Ps 34:10.....”...those who seek the Lord shall not lack any good thing.”*
- ☐ *Ps 24:1.....”The earth is the Lord’s, and all it’s fullness,...*
- ☐ *Ps 50:10.....”...every beast of the forest is Mine, and the cattle on a thousand hills.”*
- ☐ *Gen 18:14.....”Is anything too hard for the Lord?”*
- ☐ *Mt 7:7.....”Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”*
- ☐ *Rom 8:32.....”He who did not spare His own Son, but delivered Him up for us all, how shall he not with Him also freely give us all things?”*
- ☐ *Ps 37:5.....”Commit your way to the Lord, trust also in Him, and He shall bring it to pass.”*
- ☐ *Luke 6:38.....”Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom.”*

### **Scripture Prayers for The Church:**

- ☐ *Heb 10:22.....Let us draw near to You with a true heart in full assurance of faith,*
- ☐ *Col 3:16.....Let Your Word dwell in us richly.*
- ☐ *Col 1:9....Fill us with the knowledge of Your will, in all wisdom & spiritual understanding,*
- ☐ *Col 1:10.....that we may live and conduct ourselves in a manner worthy of You,*

- ☐ *Col 1:10.....fully pleasing You, and being fruitful in every good work.*
- ☐ *Eph 4:23.....And, by being renewed in the spirit of our minds, that we put on*
- ☐ *Col 3:12.....tender mercies, kindness, humility, meekness, longsuffering; bearing with and forgiving one another.*
- ☐ *Eph 4:13.That we dwell together in the unity of the faith,*
- ☐ *1Cor 1:10.....I pray we all speak the same thing, with no divisions among us,*
- ☐ *Phil 1:27.....standing fast in one spirit, striving together for the faith.*
- ☐ *Heb 13:9.....That we're not carried about with various and strange doctrines,*
- ☐ *2Tim 2:15.....But we study, rightly dividing the word of truth.*
- ☐ *Jude 1:16.....That we're not murmurers, complainers, walking selfishly,*
- ☐ *1Tim 6:18.....but are rich in good works, ready to give and willing to share.*
- ☐ *Acts 4:30.....that signs and wonders may be done in the name of Your Son Jesus.*

### **Lost? 17 Places to Find what U R Looking For in the Word**

1. Trouble or sorrow: *John 14; Psalm 46.*
2. Worry: *Matt. 6:19-34.*
3. Sadness: *Psalm 91.; John 14*
4. When God seems far away: *Psalm 139.*
5. When you want rest and peace: *Matt. 11:25-30.*
6. When in sickness: *James 5:13-16; Psalm 41.*
7. When men fail you: *I Peter 5:7; Psalm 23*
8. When lonely or fearful: *Matt. 6:25-34; 11:28-30*
9. When discouraged or tempted: *I Cor. 10:13.*
10. Financial breakthrough: *Ps. 37*
11. When you are losing hope: *Ps. 126*
12. When you want to bear fruit: *John 15*
13. When you forget your blessings: *Psalm 103.*
14. When your faith is failing: *Heb. 11*
15. When you want courage: *II Cr. 12:9*
16. When looking for happiness: *Col. 3:1-17.*
17. When you grow bitter or critical: *I Cor. 13.*

-

### **24-Hour Day Plan**

1. First Hour: Wake Up—Prayer
  - II. Read a book (Christian)
  - III. Read Scripture
  - IV. Listen to Worship Music
  - V. Prayer—praying the word
  - VI. Rest & Reflection
- VII. Repeat Hours 2-6 and Retire for the Evening

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## Appendix B

### First Fruits History & Biblical Overview

#### The Historical Context of First Fruits:

What is First Fruit? The significance of this holy day, like most other biblical festivals, can be largely understood by its name.

- ☐ First Fruits is one of the shelosh regalim, the three festivals for which every Jewish male goes to Jerusalem if possible (Deuteronomy 16:16). First Fruits is included in this exclusive list. It is prophetically significant in God's plan for his people.
- ☐ God's faithfulness in providing the early wheat harvest increases hopefulness for an abundant fall harvest (Sukkot). Giving thanks for present provision leads to faith for future addition. *Lev. 2:12*
- ☐ The last day of the Unleavened Bread is the celebration of the First fruits (Yom HaBikkurim), taking to the Temple the first fruit, the first born animal, the first sheaf of barley.... it is symbolic of Jesus being the first of the First fruits (*1Cor.15:23*)

#### When is it given?

- ☐ The feast of the first fruits were held consecutively on the fourteenth, fifteenth and sixteenth days of the first month of the Jewish calendar.

#### How is it given?

- ☐ *Lev. 23:9-10*

#### Why did they do it?

- ☐ God claims the first fruits of everything. He has first claim on our lives.— *Lev. 23:9-24*
- ☐ Honors God
- ☐ Sets you up for blessings—*Ez. 49:30*
- ☐ Required – *Exodus 22:29; Neh. 10:35; 2 Chr. 31:5*
- ☐ Jesus didn't change it in the New Testament

#### The impact of first fruit –

- ☐ Makes the whole holy – *Romans 11:16*
- ☐ Pleases God – *Jer. 2:3*
- ☐ Power of first fruits – Gen. 4:3-14 – Cain and Abel

#### Results of First Fruit/Tithing – Blessing upon Blessing

- ☐ Barns filled & overflowing - *Prov. 3:9-10*
- ☐ Rebuke the devourer - *Mal. 3:11*
- ☐ Invoke the supernatural - *Mal. 3:10*
- ☐ Eliminates the fear of giving. You planting and receiving/harvesting reinforces order in the earth. *1 Tim 6:5-10*
- ☐ Enhances contentment *1 Tim 6:5-10*
- ☐ Blessings for the giver. *Ez. 44:30*
- ☐ Increase faith—*Phil. 4:10-19*

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## Appendix C: Restaurant Guide & Meatless Recipes

### Lentil and Vegetable Soup Ingredients:

- 1 cup dry lentils, rinsed
- 2 chopped carrots
- 4 cups vegetable broth
- Salt and pepper to taste
- 1 diced onion
- 2 stalks chopped celery
- 1 tsp cumin

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### Instructions:

1. Sauté onions, carrots, and celery in a large pot with a bit of water or vegetable broth.
2. Add lentils, broth, and cumin. Simmer for 25-30 minutes until lentils are tender.
3. Season with salt and pepper.

**Reflection Verse:** *"The Lord is my strength and my shield; my heart trusts in Him, and He helps me."* – Ps 28:7

### Sweet Potato and Chickpea Bowl

#### Ingredients:

- 1 large sweet potato, diced
- 1 tsp smoked paprika
- 2 cups spinach or kale
- 1 cup canned chickpeas, rinsed
- 1 tsp olive oil (optional)

### Instructions:

1. Roast sweet potatoes with smoked paprika at 400°F for 20 minutes.
2. Heat chickpeas in a pan with a little water.
3. Serve on a bed of spinach or kale with sweet potatoes and chickpeas on top.

**Reflection Verse:** "Taste and see that the Lord is good; blessed is the one who takes refuge in Him." " Psalm 34:8

---

### Zucchini Noodles with Avocado Sauce

#### Ingredients:

- 2 zucchinis, spiralized
- Juice of 1 lemon
- Salt and pepper to taste
- 1 ripe avocado
- 1 clove garlic

### Instructions:

1. Blend avocado, lemon juice, garlic, salt, and pepper into a creamy sauce.
2. Toss zucchini noodles in the sauce and serve fresh.

**Reflection Verse:** "For He satisfies the thirsty and fills the hungry with good things." " Psalm 107:9

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### Black Bean and Quinoa Salad - Ingredients:

- 1 cup cooked quinoa
- 1 chopped bell pepper
- 1 tsp cumin
- 1 cup canned black beans, rinsed
- Juice of 1 lime

### Instructions:

1. Combine all ingredients in a bowl. Mix well.
2. Chill before serving for better flavor.

**Reflection Verse:** *"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus."* " Col 3:17

**Fruit and Nut Oatmeal Ingredients:**

- ½ cup rolled oats                      1 cup almond milk
- 1 tbsp chopped nuts (walnuts, almonds, etc.)
- ½ cup diced fruit (apples, bananas, or berries)

**Instructions:**

1. Cook oats with almond milk over medium heat.
2. Top with fruit and nuts before serving.

**Reflection Verse:** *"Give us today our daily bread." " Matthew 6:11*

---

**Stuffed Bell Peppers****Ingredients:**

- 2 bell peppers, halved and seeded                      1 cup cooked brown rice
- ½ cup diced tomatoes                                      ½ cup black beans

**Instructions:**

1. Mix rice, tomatoes, and black beans.
2. Stuff bell pepper halves with the mixture.
3. Bake at 375°F for 20 minutes.

**Reflection Verse:** *"He makes me lie down in green pastures, He leads me beside quiet waters." " Psalm 23:2*

---

**Banana Almond Smoothie****Ingredients:**

- 1 banana    1 cup almond milk
- 1 tbsp almond butter                                      1 tsp cinnamon

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve immediately.

**Reflection Verse:** *"But those who hope in the Lord will renew their strength." " Isaiah 40:31*

---

**Roasted Veggie Bowl****Ingredients:**

- 1 cup diced sweet potatoes                                      1 cup broccoli florets
- 1 cup diced zucchini    1 tsp olive oil (optional)
- Salt, pepper, and herbs of choice

**Instructions:**

1. Toss veggies in olive oil (optional) and seasonings.
2. Roast at 400°F for 25 minutes.

**Reflection Verse:** *"So whether you eat or drink or whatever you do, do it all for the glory of God." " 1 Corinthians 10:31*



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