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A FOURTEEN DAY FAST

CLEANSE

LIVE IT UNLOCKED

DAILY DEVOTIONAL

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This 14-day devotional and fasting journey is created for our Keystone Church family to intentionally seek God together.

As we fast and pray in unity, this guide helps center our hearts on Scripture, sharpen our spiritual focus, and create space to hear God's voice. Each day includes a Bible reading, a short devotional, and a practical prayer prompts to guide you through the fast with clarity and purpose. Cleanse is an invitation to reset spiritually, deepen your dependence on God, and step forward in faith as one Keystone family.

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DAY 1: SEEK FIRST

But seek first the kingdom of God and His righteousness, and all these things will be added to you.

MATTHEW 6:33 (ESV)

As we begin a new year, we often think about goals, resolutions, and fresh starts. But Scripture reminds us that before we do anything else, we must set our priority on seeking God first. Everything else flows from this posture of pursuit. Seeking God first is not just giving Him the first few minutes of our day, though that is important. It means allowing Him to define what matters most and letting His voice carry more weight than our fears, desires, and timelines.

To seek His kingdom is to say, “Your way, Lord, not mine.” To seek His righteousness is to say, “Shape my heart, my choices, and my motives.” This is not a passive approach; it’s an intentional realignment of our loves and loyalties. When Jesus said, “All these things will be added to you,” He wasn’t promising a perfect year—He was promising a guided one. He was positioning us for a life in which every need is known, every step is led, and every moment is watched over.

As we set apart these first fourteen days, let us embrace a posture of surrender and expectancy. In that space, God will meet us with clarity, peace, and direction.

What would it look like for you to “seek first” this year in your time, priorities, habits, and mindset?

Lord, I set my heart toward You today. I choose to seek You above everything else. Order my steps, align my desires, and help me live out this year centered on Your presence. Let every decision and direction flow from You. In Jesus’ name, Amen.

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DAY 2: WITH ALL YOUR HEART

**Then you will call upon me and come and pray to me, and I will hear you.
You will seek me and find me, when you seek me with all your heart.**

JEREMIAH 29:12–13 (ESV)

Throughout Scripture, prayer and fasting are spiritual disciplines connected to clarity, breakthrough, and direction. Moses prayed and fasted before receiving God's commandments. Daniel prayed and fasted for wisdom. Even Jesus prayed and fasted before beginning His ministry.

Many people understand the importance of prayer but still have questions about what fasting is, why it matters, and how it shapes us. When we deny ourselves something physical, we create space for something spiritual. Fasting quiets the noise so we can recognize the voice of God. It positions our hearts to receive from and respond to Him.

Whether you fast from food, technology, or something else, it's important to remember that the ultimate purpose of fasting isn't restriction—it's connection. Let every craving become a cue to pray, and every moment of discomfort become an invitation to lean in. Focus on your desire for God and expect Him to answer as you call on Him. The promise is clear: When you seek Him wholeheartedly, He will be found.

If you haven't started fasting yet, what could you give up over the next thirteen days to help you focus on God? As you fast, what is a question you want God to answer, or an area where you want to hear Him speak?

Father, help me fast with the right heart—not for attention or achievement but to draw closer to You. Quiet the noise, sharpen my spirit, and make me sensitive to Your voice. I want to hear You clearly in this season. In Jesus' name, Amen.

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DAY 3: FORGET NOT

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

PSALM 103:2-5 (ESV)

Before we look ahead, Scripture invites us to pause and remember. Gratitude is a spiritual discipline that anchors us in God's faithfulness. When David wrote these words, he was speaking to his own soul, urging himself to recall God's goodness, mercy, provision, and protection.

Looking back on 2025, some moments may feel joyful while others feel heavy. But even in the places that were challenging, God was working, guiding, sustaining, and preparing you. Gratitude doesn't deny hardship; instead, it recognizes God's presence within it.

Celebration is part of spiritual maturity. When we intentionally remember what God has done, we strengthen our faith for what He will do. Gratitude restores perspective. It lifts our eyes from what didn't happen to what did happen. It awakens hope and prepares our hearts for new things God desires to bring.

Today, take time to reflect and recount. Think of prayers God answered, blessings He gave, people He used, lessons He taught, doors He opened, and the many ways He carried you when you felt weak. Nothing He did in 2025 was wasted.

What are three things, big or small, that God did in 2025 that you are grateful for?

Lord, thank You for Your faithfulness in 2025. Cultivate in me a heart of gratitude that notices Your goodness daily. Build my faith as I remember Your works. In Jesus' name, Amen.

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DAY 4: AS HIGH AS THE HEAVENS

For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

PSALM 103:11–13 (ESV)

Your ability to move forward in 2026 could depend on accepting forgiveness for something in 2025. So often, we feel unworthy of grace, so we replay our mistakes and punish ourselves. We think, “I just can’t forgive myself.” But forgiving yourself is not a biblical mandate—receiving God’s forgiveness is. It’s impossible to cleanse yourself. You must receive the cleansing Jesus already provided.

“As far as the east is from the west” is an infinite and immeasurable distance. When God forgives, He doesn’t put your sins in a drawer or on a shelf. He removes them completely. Eternally.

Forgiveness reopens your heart to a relationship with God. If you confessed it, God forgave it. Period. Let today be the day you stop picking up what God has already carried away. His compassion is deeper and stronger than your failure, and His mercy reaches further than your past can ever stretch.

What sin, mistake, or failure from 2025 are you still holding on to? Write it down, cross it out, and declare, “God, I receive Your forgiveness.”

Father God, thank you for Your complete forgiveness. Help me receive what You generously give. Wash away shame, silence the enemy’s lies, and let me walk in the freedom You purchased for me. In Jesus’ name, Amen.

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DAY 5: THE SAME

Jesus Christ is the same yesterday and today and forever.

HEBREWS 13:8 (ESV)

Almost everything changes—seasons, trends, relationships, and even you. But Jesus never does. He is steady, reliable, and unwavering. The same Savior who healed the broken, welcomed the outcast, multiplied loaves, and calmed storms now walks with you into this new year. His heart has not changed. His power has not diminished. His compassion is just. His promises are true.

Because Jesus is unchanging, you don't have to fear what's ahead. You never have to question whether He remains good, close, or faithful. When your emotions fluctuate, He remains constant. When your circumstances twist and turn, He remains steady. When your plans fall apart or take unexpected shape, He remains faithful.

Stability isn't found in what you can predict; it's found in who you can depend on. This means you can start 2026 with confidence. You can face unknowns with peace. You can release worries you carried last year, not because life will be easy but because Jesus is with you in every moment. His consistency is your security. His unchanging nature is your foundation for hope, joy, strength, and courage.

Today, allow Jesus' permanence to settle your heart. Let His dependability guide your decisions and His faithfulness shape your expectations. The same One who carried you before will carry you once more.

Which part of Jesus' character do you need to cling to most this year?

Lord, thank you that You never change. You are my anchor and my firm foundation. Help me trust Your steadfast character more than my fluctuating circumstances. In Jesus' name, Amen.

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DAY 6: SEARCH ME

**Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.**

PSALM 139:23–24 (NIV)

There is incredible courage in David's prayer. Instead of hiding, the shepherd-turned-king invites God in and actually requests examination. These are the words of someone who wants God more than comfort, control, or pride.

The things we avoid acknowledging or confronting are often the very things God wants to free us from. The conviction of the Holy Spirit is a gift. Even though He already knows your thoughts, fears, wounds, and patterns, He doesn't want to shame you. His desire is to heal, reveal, and restore.

As you begin this year, let the Holy Spirit shine His light on the deeper places of your heart. The journey may feel uncomfortable and demanding, but it will lead you into truth, healing, and real transformation. He exposes not to condemn but to cleanse. He reveals not to wound but to mend.

When you say, "Search me," you are asking God to expose what is hurting you, what is hindering you, what is guiding you, and what is shaping you. This is part of cleansing. We cannot surrender what we refuse to see, and when God reveals something He always offers grace for each step of the way forward.

Ask the Holy Spirit, "What in my heart needs Your healing or cleansing?" Write down what He brings to mind.

Lord, I give You full permission to search me. Reveal anything in my heart that is not aligned with You. Heal wounds, uproot lies, and cleanse my thoughts. Shape me from the inside out. In Jesus' name, Amen.

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DAY 7: A NEW THING

Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

ISAIAH 43:19 (ESV)

God is always moving and renewing, yet we often miss the new things He is doing because we hold tightly to what feels familiar. God invites us not only to notice His work, but to welcome it and respond with faith. A new year gives space to pause and realign our hearts with His purposes. It invites us to consider where God may be prompting change or growth. He may want to strengthen faith, reshape priorities, deepen relationships, or heal places that carry pain. The question isn't whether God is moving; the question is whether we are willing to pay attention.

God is not limited by your past or slowed by your missteps. Nothing in the past can disqualify you from what He desires to begin today. Ask Him to help you release what no longer aligns with His purpose for your life as you move forward. Old mindsets, fears, and patterns tend to consume the fertile space where new things are meant to grow. Letting go makes room for what God is preparing.

What "new thing" do you sense God might want for you this year? Write down one or two ideas that come to mind. Return to them throughout this year and ask God if they are what He wants for you.

Father God, give me eyes to perceive the new thing You are doing. Help me release what no longer serves Your purpose in my life. Make my heart ready for renewal. In Jesus' name, Amen.

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DAY 8: RUN

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

1 CORINTHIANS 9:24 (ESV)

Paul reminds us that spiritual growth doesn't happen accidentally. Nobody drifts into holiness or stumbles into purpose. We "run" by choosing discipline, intentionality, and devotion. We don't run to earn God's love—we already have that free and clear. We run to experience the fullness of what He has for us.

If God has placed a calling on your life, you must align your habits with that calling. If God has planted dreams in your heart, you must steward those dreams with commitment. If God has invited you into deeper intimacy with Him, you must create space for that intimacy.

This year, run with focus, run with passion, and run with endurance. Ask God what He wants for you in 2026, and then order your steps accordingly. The prize is not success—it's Him. More than any "goal," the reward is greater intimacy with the One who called you.

Remember that runners train with intention. They prepare, pace themselves, and push through discomfort. In the same way, spiritual perseverance grows as you practice consistency, choose obedience, and refuse to quit when distractions rise. Even small daily steps build the strength, clarity, and momentum that shape meaningful, lasting spiritual growth ahead.

What spiritual, relational, or practical rhythm do you need to begin (or restart) to run with intentionality this year?

Lord, help me run with purpose. Strengthen my discipline, ignite my passion for You, and guide every step I take. I want to pursue You and all that You have for me. In Jesus' name, Amen.

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DAY 9: NEAR

Draw near to God, and He will draw near to you.

JAMES 4:8 (ESV)

Your relationship with God is the foundation of everything else in your life. As you reflect on last year, consider the moments you felt closest to Him and the moments you drifted. Which habits strengthened intimacy? Which patterns weakened it?

God is not keeping score; He is inviting you closer. Your relationship with Him grows through trust and consistent pursuit. You don't have to be perfect, but you do have to be present. When you turn toward Him, He meets you with grace and nearness.

Which rhythms help you stay connected to God? It could be prayer, worship, reading Scripture, enjoying the quiet, or serving others. Whatever drew your heart toward God is worth nurturing again. At the same time, acknowledge the distractions or pressures that pulled you away. Naming those honestly is part of spiritual maturity and awareness.

Drawing near to God is not complicated, but it is intentional. It looks like slowing down, giving Him attention, and inviting Him into decisions. Intimacy grows when you make space for Him, and He promises to meet you there with love, wisdom, and guidance. Consider what it would look like to truly pursue God this year. Small daily choices can transform your spiritual life and open your heart to His direction and peace.

What drew your heart toward God the most last year, and where do you want to grow in 2026?

How can you guard against the pressures or distractions that pulled you away last year?

God, draw me closer this year. Strengthen our relationship through Your Word, Your Spirit, and Your presence. Help me prioritize intimacy with You. In Jesus' name, Amen.

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DAY 10: AS IT DEPENDS ON YOU

Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all.

ROMANS 12:17–18 (ESV)

Relationships are deeply spiritual. The way we love, forgive, communicate, and pursue peace reveals what God is shaping in our hearts. Paul reminds us that while we cannot control another person's choices, we are responsible for our part: "so far as it depends on you."

This verse invites reflection. Are there relationships from the past year that feel strained or unresolved? Are there conversations you avoided? Moments where frustration lingered? People you withdrew from? God does not reveal these things to condemn you, but to invite you into healing and growth.

Living peaceably doesn't mean pretending nothing happened or ignoring unhealthy patterns. It means approaching relationships with humility, wisdom, and love. Sometimes peace looks like reconciliation. Sometimes it looks like quietly forgiving and releasing resentment to God. At other times, peace requires boundaries while choosing grace.

Ask the Holy Spirit to highlight where He wants to bring restoration in your life this year. Maybe reconciliation is possible. Maybe someone needs encouragement. Maybe the next step is prayer—asking God to soften hearts, including your own. Peace strengthens unity and creates space for God to move.

Whatever "depends on you," do it with sincerity and faith. You cannot control outcomes, but you can choose obedience.

Who do you need to forgive, pursue, encourage, or reconcile with as you begin this year?

Lord, help me love others as You have loved me. Heal relationships, strengthen connections, and guide me in peace and wisdom. In Jesus' name, Amen.

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DAY 11: AS FOR THE LORD

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

COLOSSIANS 3:23–24 (ESV)

Though your calling is bigger than your career, your career is one place your calling shows up. God cares about how you lead, serve, and represent Him. He sees the daily decisions, the quiet effort, and the times you choose integrity when no one is watching. This year, surrender your goals, dreams, and uncertainties to Him, and trust that He is shaping you through every assignment and responsibility.

Calling is not just about what you do; it is about who you are becoming. Let God refine your motivations so your work is fueled by love rather than pressure or comparison. He will guide your opportunities and give you discernment about which doors to walk through.

Invite the Holy Spirit to speak into your work, your schedule, your responsibilities, and your dreams. Ask Him to reveal where He wants you to grow or stretch. Your workplace—whether an office, classroom, or home—is a place where God can shine through you in unexpected ways. When you do anything “as for the Lord,” your ordinary work becomes sacred.

What needs to change in your perspective, attitude, or effort to better align your work with God's glory? What calling or dream do you sense Him inviting you to pursue or revisit this year?

Father God, guide my work and calling. Open the right doors and close the wrong ones. Use my gifts for Your glory in 2026. In Jesus' name, Amen.

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DAY 12: BE FILLED

Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

EPHESIANS 5:18-21 (KJV)

In God's kingdom, cleansing is always followed by filling. God doesn't just remove what harms; He replaces it with what heals. He empties you of sin, clears away fear or distraction, and fills you with His Spirit, peace, wisdom, and presence. Cleansing creates space, and filling brings renewal.

Maybe it's an attitude that keeps resurfacing, a habit that drains your focus, or a mindset that limits your faith. Perhaps it's worry, comparison, resentment, or a pattern you've carried too long. Again, God does not expose these things to shame you but to invite you into freedom and make room for what gives life.

God longs to fill you with strength, a deeper desire for His Word, greater love for people, renewed joy, and boldness to walk in obedience. He wants to fill your thoughts with truth, your heart with peace, and your days with purpose, shaping you continually in His grace and love.

Ask Him to cleanse you and fill you. Ask Him to replace heaviness with joy, distraction with focus, fear with faith, and emptiness with His presence. Let Him renew you from the inside out.

What does God want you to release, and what does He want to fill you with in its place?

Lord, cleanse my heart and fill me with Your Spirit. Replace heaviness with joy, fear with faith, and emptiness with Your presence. In Jesus' name, Amen.

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DAY 13: THERE HE PRAYED

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

MARK 1:35 (ESV)

Jesus lived with intentional rhythms of prayer, rest, worship, and community. If He needed rhythms, so do we. Rhythms do not restrict us; they sustain us. They keep us spiritually nourished, emotionally grounded, and relationally healthy. They create patterns that anchor our hearts in God when life becomes busy or overwhelming.

In this passage, Jesus rises early and seeks a quiet place to pray. He protects the space His soul needs. He chooses connection with the Father before activity, decisions, or demands. His example invites us to consider our own rhythms and how we seek God in the flow of daily life.

Ask God which rhythms need strengthening in this season. Maybe you need a quiet morning routine, a weekly Sabbath, a plan for Scripture reading, or moments of stillness. Small choices practiced consistently can reshape the year and deepen your walk with Him.

As you build these rhythms, remember that they are invitations, not obligations. God is not asking for your perfection but for your presence. He loves a willing heart that returns to Him again and again. When you choose to seek God in simple, steady ways, He meets you with strength, clarity, and renewal. His presence will become the steady heartbeat that shapes every part of your life.

What is something you have learned from the past two weeks that could become a spiritual rhythm for 2026?

Lord, help me develop rhythms that keep me close to You. Strengthen my spiritual disciplines and anchor my heart in Your presence. In Jesus' name, Amen.

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DAY 14: CROWN THE YEAR

You crown the year with your bounty; your wagon tracks overflow with abundance. The pastures of the wilderness overflow, the hills gird themselves with joy, the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

PSALM 65:11–13 (ESV)

You've started this year praying, fasting, and aligning your heart with God. Today we close with blessing and commissioning. God doesn't meet you at only the beginning of a year—He walks with you through every moment, guiding your steps and preparing you for what lies ahead.

Look for His presence in every season. Expect Him to deepen your intimacy, strengthen your faith, and open doors that reflect His purpose. Rejoice in the healing, clarity, and confidence that come from knowing He is with you. God crowns the year with abundance—with provision, peace, and growth.

This year will not be perfect, but it can be purposeful. Challenges will arise, yet God's faithfulness will remain steady. Nothing you face in 2026 will surprise Him. He holds your future and equips you with grace for each step.

Take a moment to declare your posture for the year ahead. Ask the Holy Spirit to give you one sentence that reflects how you will honor God in 2026. Let that declaration steady your heart.

Record your declaration for 2026 and place it where you will see it on a regular basis.

Father, I dedicate this year to You. Crown it with Your goodness. Lead me, guide me, protect me, and draw me closer to You every day. Let this be a year of seeking, hearing, obeying, and walking with You. In Jesus' name, Amen.