



THE WEEKLY CHALLENGE: Do not Just Talk About It—Do It. This week, identify **one specific burden or area where you need to seek God**. Write it down:

I am seeking God for: _____

I will intentionally fast from: _____

I will use that time to pray for: _____

Then remember Ezra's testimony: **"So we fasted and petitioned our God about this, and he answered our prayer."** — **Ezra 8:23**

SEEK • FAST • PRAY – Seeking is **INTENTION**. Fasting is **SELF-DENIAL**. Praying is **COMMUNICATION**. Three actions. One pursuit: seeking the heart and will of God.

MONDAY — A HEART THAT SEEKS: Ezra 8:21–23; Psalm 42:1–2; Matt 5:6

Reflection: Before Ezra asked God for direction and protection, he called the people to intentionally turn their attention toward God. **Seeking begins with desire.** The psalmist describes his desire for God as physical thirst. He didn't merely want something *from* God—he wanted **God Himself**. It's possible to seek God's hand without seeking God's heart. We can want His answers, blessings, protection, and provision while neglecting His presence. Seeking says: **"God, more than anything You can give me, I want You."**

Journaling Questions:

1. How would I describe my present hunger for God; am I seeking God's presence or primarily seeking what I want Him to do for me?
2. What distractions are competing for my attention and affection?
3. What would intentionally seeking God look like for me this week?

Prayer Prompt: *Father, create a deeper hunger for You within me. Remove the distractions that compete for my heart. More than Your blessings or answers, I want to know You and experience Your presence. Teach me to seek You with all my heart. Amen.*

TUESDAY — SEEK WITH ALL YOUR HEART: Jeremiah 29:12–13; Deuteronomy 4:29

Reflection: Seeking God isn't passive—it requires **intention**. God promises His people that when they seek Him wholeheartedly, they will find Him. The emphasis isn't casual interest but wholehearted pursuit. We make time for what matters to us. Seeking God means intentionally creating space to pray, listen, worship, read His Word, and simply remain in His presence. The question isn't merely: **"Do I believe in God?"** A deeper question is: **"Am I pursuing God?"**

Journaling Questions:

1. What does seeking God "with all my heart" mean to me?
2. What currently receives the best of my attention; is there something I need to rearrange to create more space for God's presence?
3. What am I specifically seeking God about right now?

Prayer Prompt: *Lord, I choose to seek You intentionally. Give me an undivided heart. Help me remove distractions and make Your presence my priority. As I seek You, help me recognize Your voice and follow where You lead. Amen.*

WEDNESDAY — FASTING: MAKING ROOM FOR GOD: Ezra 8:21–23; Matthew 6:16–18

Reflection: Ezra declared a fast because the people needed God's direction and protection. Fasting is **self-denial with a spiritual purpose**. Jesus said, **"When you fast..."** He treated fasting as a normal part of the spiritual life. Biblical fasting isn't about impressing God or other people. It is intentionally denying ourselves something so that we can give greater attention to God. Fasting says: **"God, I want You more than I want this."** The power isn't found simply in going without something. The spiritual value comes when what we surrender creates greater space to **seek and pray**. **We don't simply fast FROM something. We fast FROM something so we can turn TO Someone.**

Journaling Questions:

1. What could I temporarily surrender to create more space for God?
2. What does my reluctance to give something up reveal about its hold on me?
3. How can I use the time or attention created by fasting to seek God; what am I asking God to do in me during this season?

Prayer Prompt: *Jesus, teach me the discipline of self-denial. Reveal anything that has too great a hold on my heart. As I surrender something important to me, deepen my hunger for You and help me become more sensitive to Your presence and voice. Amen.*

THURSDAY — FASTING: HUMBLING OURSELVES: Ezra 8:21–23; Matthew 6:16–18

Reflection: Ezra connects fasting with **humility**. Fasting reminds us of something our culture encourages us to forget: **We are dependent upon God**. Our strength, wisdom, plans, resources, and abilities are not enough. There are things only God can do. Self-denial exposes our appetites. When we voluntarily say “no” to something our bodies or minds desire, we are reminded that our desires don’t have to control us. Fasting becomes a physical declaration: **“My dependence is on God.”** And humility positions our hearts to receive from Him.

Journaling Questions:

1. Where have I been relying on myself instead of God?
2. What is God teaching me about myself through self-denial; is there an area where pride is preventing me from admitting my need for God?
3. What situation do I need to completely surrender to Him?

Prayer Prompt: *Father, I humble myself before You. Forgive me for the ways I have depended upon my own strength, wisdom, and resources. I acknowledge my need for You. As I fast and seek You, teach me greater dependence and surrender. Amen.*

FRIDAY — PRAYING WITH CONFIDENCE: 1 John 5:14–15; Mark 11:24–25

Reflection: Seeking directs our hearts toward God. Fasting humbles our hearts before God. **Prayer opens our hearts in communication with God**. Biblical confidence in prayer isn’t confidence that God will give us everything we want. It is confidence that **God hears us** and that prayers aligned with His will matter. Mark 11 also reminds us that faith and forgiveness belong together. We cannot passionately seek God’s heart while stubbornly holding bitterness toward others. Prayer isn’t manipulating God into agreeing with us. **Prayer is allowing God to bring our hearts into agreement with Him.**

Journaling Questions:

1. What am I asking God for right now; am I seeking God’s will or simply asking Him to approve mine?
2. Is there unforgiveness or bitterness I need to release?
3. What would praying with greater faith and confidence look like for me?

Prayer Prompt: *Father, thank You that You hear me. Align my desires with Your will. Increase my faith and remove doubt, bitterness, and unforgiveness from my heart. Help me pray boldly while trusting Your wisdom, timing, and purposes. Amen.*

SATURDAY — SEEKING, FASTING & PRAYING TOGETHER: Ezra 8:21–23; Matt 18:19–20

Reflection: There is something beautiful about Ezra 8. They didn’t merely **seek**. They didn’t merely **fast**. They didn’t merely **pray**. **They did all three**. And they did them **together**. Ezra gathered God’s people around a common need and a common dependence upon God. Jesus likewise reminds us of the importance of believers coming together in agreement and in His name. There are moments when God’s people need to move beyond individual prayer and **seek Him together**. Imagine what could happen when a church family becomes intentional about seeking God, willing to deny itself through fasting, and committed to praying together. **Seeking gives prayer intention. Fasting gives prayer focus. Prayer gives our seeking a voice.** And together they declare: **“God, we need You.”**

Journaling Questions:

1. What has God revealed to me during this week, where is He calling me to greater intentionality in seeking Him?
2. What might He be asking me to surrender?
3. What specific prayer am I believing God for; who could join me in seeking, fasting, and praying about this?

Prayer Prompt: *Father, we seek Your face. We humble ourselves before You. We surrender our desires, plans, and agendas. Teach us to pray according to Your will. Make us a people who don’t simply talk about prayer, fasting, and seeking You—but actually practice them. Move among us, lead us, and use us to advance Your mission. Amen.*