

# 40

*Days of Transformation*

Fasting and Prayer | January 14 - February 22, 2024

## **A Journey Through the Gospel of Mark**

**A Guided Journal**

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## **WELCOME TO 40 DAYS OF TRANSFORMATION: A JOURNEY THROUGH THE GOSPEL OF MARK**

As we embark on this transformative journey, united in 40 Days of Prayer and Fasting, we invite you to walk through the stirring narratives of the Gospel of Mark. This 40-day devotional guide is created to be your companion on this spiritual expedition, offering reflections, insights, and prayers to encourage the transformative power of God's Word through the work of the Spirit.

The theme for our 40 days together is "40 Days of Transformation," a call to embrace change, renewal, and a deeper connection with Christ and one another. With its dynamic narrative and emphasis on action, the Gospel of Mark is a reliable guide for this journey.

Throughout these pages, we will explore the unexpected journey of the disciples and the transformative encounters that individuals had with Jesus Christ. Each day presents an opportunity for personal reflection, prayer, and fasting, posturing our hearts and minds before the Lord for His transformative work to be done in our lives.

May these 40 days be a period of profound change, drawing us closer to God, revealing His love, and renewing our spirits. Together, let us anticipate the miracles, insights, and growth that await us on this transformative expedition through the Gospel of Mark.

*(This guide was adapted from <https://cdn.lambinstitute.org/uploads/2020/04/PRAYER-GUIDE.pdf>)*

## DAY 1: THE GOSPEL OF MARK - 40 Days of Transformation

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Mark, the Author of this Gospel, shared a close friendship with the Apostle Peter. Some scholars suggest that this account might be Peter's narrative, conveyed to Mark towards the end of Peter's life. Mark's Gospel is the earliest written and first circulated among the early Christian community.

Mark's early life unfolded with unexpected twists. Scholars have speculated that during Jesus' arrest, Mark made a hasty exit from the Garden of Gethsemane, leaving behind his clothes (Mark 14:51-52). He also parted ways with Paul and Barnabas on a mission, causing some discord (Acts 13:13). However, as fate would have it, Mark later found reconciliation and collaboration with Paul (Philemon 1:24, 2 Timothy 4:11).

God chose this imperfect vessel to convey the profound story of Jesus. Explore the referenced Bible passages to witness how God orchestrates His plans through flawed individuals. Ask God how He can use you despite your imperfections and weaknesses. As we begin these 40 days, let's start with worshiping Jesus, for He alone is worthy.

*"Never lose heart in the power of the Gospel. Do not believe that there exists any man, much less a race of men, for whom the Gospel is not fitted." Charles Spurgeon*

**What am I praying for?**

**What is God saying?**

## DAY 2: MARK 1:1-6 - Passionate Proclamation

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Mark starts his Gospel by echoing the prophecy of Isaiah, where God readied the world for the Messiah's arrival through a herald, John the Baptist. John may seem eccentric, dressed in camel hair and feasting on locusts, but history shows that passionate proclamation characterizes God's messengers. Consider Noah warning his neighbours or the Apostles proclaiming in every place they travelled.

Reflect on what motivates your bold declarations. These messengers believed profoundly in their message, dedicating themselves to its proclamation. Ask the Lord for a love so profound that your silence becomes impossible. As you meditate on His identity and the world's dire need for Him, let your voice resonate like a loud, clear call, urging those around you to "prepare the way" for our returning Saviour.

*"I can confidently assert, based on the revelations in the Word of God, that anyone on this earth who finds worship tedious and uninspiring is not yet prepared for heaven."*

A.W. Tozer

**What am I praying for?**

**What is God saying?**

## DAY 3: MARK 1:4-8 - Humility Before Christ

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John the Baptist, preaching outside Jerusalem, ministered to those who would later crucify Jesus. Hearing their confessions, John baptized them in the Jordan River, a symbol of repentance. In verse seven, he emphasizes the supremacy of Jesus, acknowledging, "After me comes one mightier than I; I do not even deserve to bend down to untie the strap of his sandals."

Commit this verse to memory, a reminder of Jesus' might and perfect holiness. In prayer, declare Christ's worthiness and humbly acknowledge His majesty.

*"All that I am, I owe to Jesus Christ, revealed to me in His divine Book."*

David Livingstone

**What am I praying for?**

**What is God saying?**

## DAY 4: MARK 1:8-15 - The Light

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John the Baptist left a profound impact on the masses but stepped back when Jesus arrived (Matthew 11:11, Luke 7:28). In the Gospel of John, John the Baptist is compared to a "lamp that burned and gave light," directing the focus onto Jesus (John 5:33-36). John understood his role in the grand narrative of Jesus, a role shared by every person of God. We are called to live in a way that illuminates this dark world, enabling others to see Christ more clearly.

Today, embrace your role joyfully, recognizing that God chose you to shine as a light for Christ Jesus. His grace allows us to be part of His work. Thank Him for saving you and calling you to share your story so that others may know Him.

*"It was strictly forbidden to preach to other prisoners... A number of us decided to pay the price for the privilege of preaching... We preached and they beat us. We were happy preaching. They were happy beating us, so everyone was happy."*

Richard Wurmbrand, Tortured for Christ (Prisoner for Christ in Romania for 14 years).

**What am I praying for?**

**What is God saying?**

## DAY 5: MARK 1:16-44 - A Busy Life

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In this passage, Jesus calls humble fishermen to follow Him and preach in Galilee. He expels demons, heals diseases, and breaks societal rules with compassion, touching and healing an "impure" leper. Marvel at Jesus' bustling life, breaking records in busyness, He sacrificed entirely for those who sought Him. Jesus did not have time to eat, be alone, or sleep – although he took time to pray.

Review your schedule. Are you focused on what matters? Ask the Lord to reveal any aspects of your daily life that may need adjustment to allow more time with Him. Press on to the end.

*"I have one passion. It is Him, He alone." Count Zinzendorf*

**What am I praying for?**

**What is God saying?**

## DAY 6: MARK 2:1-22 - Revive and Refuel

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As people hear about Jesus, they are drawn to Him. He is utterly incredible. Have you attended church and read the Bible for so long that the wonder has faded? Losing that awe is a severe spiritual loss. If Jesus doesn't amaze you, how can you center your life on Him? Our world overflows with distractions, problems, and negativity, aiming to divert our focus and worship from the Lord.

Anything taking you away from your passion for Christ needs elimination. The more you focus on Jesus, the greater your awe for Him. Commit to reading God's Word, expecting amazement. Pray in line with His Word, anticipating incredible results. Maintain a diary of your awe for the Lord, writing down the wonders you recall.

*"A man can no more diminish God's glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word 'darkness' on the walls of his cell." C.S. Lewis*

**What am I praying for?**

**What is God saying?**



## DAY 7: MARK 2:23-3: 6 - Lord of the Sabbath

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Jesus' authority surpasses any religious rule or requirement. Being "Lord of the Sabbath" declares His divinity. Jesus is angered by the corruption of God's pure law. People prioritize hundreds of laws over serving the God who created them. They view Jesus as a lawbreaker, threatening their meticulous observance of ordinances. Despite their misguided intentions, Jesus' anger deserves adoration and amazement.

In this pivotal moment, Jesus challenges legalistic interpretations, emphasizing the essence of the Sabbath—restoration, compassion, and the expression of God's goodness. As we embark on our 40 Days of Transformation, let's reflect on our adherence to religious routines. Are they life-giving or burdensome? May we embrace the transformative power of Christ, the Lord of our rest, breaking free from legalistic chains and discovering the true essence of God's liberating grace.

Worship Jesus as the Lord of the Sabbath, good and merciful every day of the week.

*"A world without a Sabbath would be like a man without a smile, like summer without flowers, and like a homestead without a garden. It is the most joyous day of the week."*

*Henry Ward Beecher*

**What am I praying for?**

**What is God saying?**

## DAY 8: MARK 3:7-30 – The Power of Knowing Jesus

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Many deemed Jesus and His followers as unconventional. When He expelled demons, critics accused Him of being one. However, even the demons recognized Jesus as the Son of God, acknowledging His lordship.

In these 40 days, our focus is on knowing Jesus so he can transform us. The essence of our existence is to know and believe in Him, responding by glorifying Him in all aspects. As you navigate the Gospel of Mark, witness His profound understanding and care for people physically and spiritually. Reflect on how many go through this life, missing the chance to encounter the One, the most significant.

Pause for a moment to pray for those unaware of the profound truth of Jesus.

*"...that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death" (Philippians 3:10).*

*"Once you become aware that the main business that you are here for is to know God, most of life's problems fall into place of their own accord." J.I. Packer*

**What am I praying for?**

**What is God saying?**

## DAY 9: MARK 3:31-35 - The Supreme Love of Jesus

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For many, the family holds unparalleled importance. Christ, however, sets aside even the love for His biological family, recognizing family as "anyone who does the will of God." Despite moments of insecurity, remember that Jesus loves you immensely, as demonstrated by sacrificing His life on the cross. His love surpasses all.

Believe in your preciousness to Him. Take time to meditate on His love, delve into Psalm 139, and express gratitude for how He reveals His deep affection.

*"God loves each of us as if there was only one of us." Augustine*

**What am I praying for?**

**What is God saying?**

## DAY 10: MARK 4 - The Power of The Word

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In the fertile soil of Mark 4, Jesus unfolds profound truths through parables. He begins with the Parable of the Sower, illustrating the varied reception of the Word. The seed, representing God's transformative message, falls on different types of soil—hardened, shallow, choked by thorns, and receptive.

As we journey on our 40 Days of Transformation, let's ponder the condition of our hearts, the soil where God's transformative seeds land. Are we cultivating an environment that welcomes His Word, allowing it to take root and bear fruit? Or does the soil of our hearts need tilling and nourishing?

Jesus urges us to be like good soil, embracing the Word with depth and openness. The Parable of the Mustard Seed follows, highlighting the incredible growth potential within even the tiniest seed of faith. Similarly, our small acts of faith, fueled by prayer and fasting, can lead to profound transformation.

Let's prayerfully consider the soil of our hearts during these 40 days, allowing God's transformative seeds to take root, grow, and produce an abundant harvest. Through prayer, fasting, and a heart prepared to receive, we open ourselves to the transformative power of God's Word, making these 40 days a season of significant growth and renewal.

*"When a man is filled with the Word of God you cannot keep him still. If a man has got the Word, he must speak or die." Dwight L. Moody*

**What am I praying for?**

**What is God saying?**

## DAY 11: MARK 5:1-20 - Sharing the Wonder of Jesus

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Mark 5:1-20 unfolds a fascinating encounter between Jesus and a demon-possessed man living among the tombs. Shackled by chains and tormented by unclean spirits, the man encounters Jesus, who commands the legion of demons to leave. Instantly, the man is transformed. No longer bound by oppression, he is clothed, in his right mind, and seated at the feet of Jesus.

As we engage in our 40 Days of Transformation through prayer and fasting, let's draw inspiration from this powerful narrative. Like the once-demonized man, we, too, can experience a radical liberation from the chains that bind us. We position ourselves for a transformative encounter with the Savior through earnest prayer and seeking God's face. As we fast from the things that entangle, may we be released from spiritual oppression, clothed in His righteousness, and find ourselves seated at the feet of Jesus, fully transformed and renewed by His grace.

*"Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us."*

Bill Bright

**What am I praying for?**

**What is God saying?**

## DAY 12: MARK 5:21-34 - A Touch of Healing Faith

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In the bustling crowd, a woman, suffering for twelve years, reached out to touch the fringe of Jesus' garment. Her act of faith, fueled by a desperate belief in His healing power, resulted in an instantaneous transformation. Jesus, sensing the power leaving Him, turned to affirm her, saying, "Daughter, your faith has made you well."

In these 40 Days of Transformation, let's draw faith from this woman's unwavering faith. Sometimes, a simple touch, a moment of genuine connection with Jesus, brings profound healing. Like her, let us approach Christ with expectant faith, believing that a touch from Jesus can lead to transformative healing even amid the crowd.

*"God's mercy is so great that you may sooner drain the sea of its water, or deprive the sun of its light or make space too narrow, then diminish the great mercy of God."* Charles Spurgeon

**What am I praying for?**

**What is God saying?**

## DAY 13: MARK 5:22-24 and 35-43 - Faith in Restoration

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Jairus, a synagogue leader, pleaded with Jesus to heal his dying daughter. Despite delays and the tragic news of her death, Jesus encouraged Jairus, saying, "Do not fear, only believe." In a poignant moment, He restored life to the girl, showcasing the power of faith amid despair.

During these 40 Days, let's emulate Jairus's unwavering faith. When circumstances seem dire, Jesus remains the Lord of restoration. Believe and witness the miraculous resurrection of hope, dreams, and life. The journey of faith may include moments that challenge us, but through unwavering trust, we invite the miraculous into our lives.

*"The future is as bright as the promises of God" - Adoniram Judson*

**What am I praying for?**

**What is God saying?**

## DAY 14: MARK 6:1-44 - Abundance from Scarcity

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Jesus is faced with a multitude hungry for His teachings. When presented with the challenge of feeding thousands, He took five loaves and two fish, offering a profound lesson in divine abundance. We must believe our seemingly meagre offerings can lead to abundance when surrendered to Jesus. In times of scarcity, His provision shines forth, revealing the transformative power of trust and surrender.

As we fast and pray, may we recognize that our limitations are opportunities for God's boundless provision. Just as Jesus multiplied the loaves, He can multiply our efforts, turning scarcity into abundance. Today, let's surrender our inadequacies, trusting that there is always more than enough in Christ for transformative change.

*"The cautious faith that never saws off a limb on which it is sitting, never learns that unattached limbs may find strange unaccountable ways of not falling." Dallas Willard*

**What am I praying for?**

**What is God saying?**



## DAY 15: MARK 6:45-56 - Fixing Our Gaze on Jesus

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Amid life's storms, Jesus walked on water, inviting Peter to join. As long as Peter fixed his gaze on Christ, he walked on water too. Yet, when fear distracted him, he faltered. During our 40 Days, let's fix our gaze on Jesus during life's storms. Let faith conquer fear and experience the transformative power of walking on water. Trust that, as long as we focus on Him, we can navigate life's challenges with unwavering faith.

In these moments of prayer and fasting, let's not be consumed by the tumult around us but fix our gaze on the Author of transformation. May our journey be marked by a steadfast focus on Jesus, allowing us to walk confidently through any storm, knowing that His transformative power will carry us through.

*There are two hundred and fifty-six names given in the Bible for the Lord Jesus Christ, and I suppose this was because He was infinitely beyond all that any one name could express"*  
Billy Sunday

**What am I praying for?**

**What is God saying?**

## DAY 16: MARK 7:1-23 - True Transformation

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Jesus challenges the emphasis on external rituals, highlighting that true transformation comes from within. Our hearts, not mere rituals, define our connection with God. As we fast and pray during these 40 Days of Transformation, let's seek internal renewal. May our hearts align with God's, leading to authentic transformation that reflects His love and grace.

Let this day be a reminder that God desires more than outward adherence to rules; He desires our hearts. As we engage in acts of devotion, let's ensure they flow from a heart surrendered to God. May our prayers and fasting lead to a profound inner transformation, cultivating a spirit of love, compassion, and authenticity in our relationship with Him.

Ask God to search your heart to see what separates you from Him, ask for forgiveness and pray with your whole being to give you a heart dedicated to Him.

*"I realized that my life was to be one of simple, childlike faith, and that my part was to trust, not to do. I was to trust in Him and He would work in me to do His good pleasure. From that time my life was different." - C.T. Studd*

**What am I praying for?**

**What is God saying?**

## DAY 17: MARK 7:24-37 - Open Ears, Open Hearts: Embracing the Healing Power of Christ

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Jesus encounters a woman whose daughter is tormented by an unclean spirit. Despite cultural barriers, the woman tenaciously seeks His help. Recognizing her profound faith, Jesus heals her daughter from a distance. Later, His healing touch extends to a deaf and mute man, in which Christ's transformative power opens ears and hearts.

As we continue these 40 Days of Transformation through prayer and fasting, let this haggard woman's faith compel us to be tenacious. Our hearts, like hers, must be open to the transformative message of Christ. Our spiritual ears must be tuned to His voice, breaking through cultural and personal barriers. Jesus, in His mercy, not only responds to the woman's plea and heals the afflicted man, demonstrating His power to bring restoration and wholeness.

As we approach Christ with persistence and open hearts, remember that His transformative touch can heal and change our lives.

*"Satan is a killer; his diseases are the destroyers of life. His sicknesses are the thieves of happiness, health, money, time, and effort. Christ came to give us abundant life in our spirits and in our bodies." T.L. Osborn*

**What am I praying for?**

**What is God saying?**

## DAY 18: MARK 8:1-10 - Overflowing Provision

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Jesus compassionately feeds a multitude of four thousand. Faced with the challenge of providing food, He takes a few loaves and fish, blessing and multiplying them to satisfy the hungry crowd. This passage is a profound reminder of Jesus' boundless provision in times of need.

As we journey through these 40 Days of Transformation, let's trust Christ's ability to multiply our efforts and provide abundantly. When surrendered to Jesus, our seemingly meagre offerings can lead to overflowing provision. This day encourages us to surrender our inadequacies, trusting that there is always more than enough in Christ for transformative change. As we fast and pray, let's believe in His miraculous provision, strengthening our faith in His ability to transform scarcity into abundance.

*"Never be afraid to trust an unknown future to a known God." Corrie Ten Boom*

**What am I praying for?**

**What is God saying?**

## DAY 19: MARK 8:11-30 – Looking But Never Seeing

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The Pharisees demand a sign from Jesus, yet He warns against seeking signs as a precondition for faith. He emphasizes the importance of understanding His teachings. Later, Jesus questions His disciples about His identity, leading to Peter's profound confession that Jesus is the Christ.

True transformation stems from understanding and acknowledging Jesus' identity. It's not merely about seeking signs but comprehending the depth of His teachings and recognizing Him as the Christ. As we embark on these 40 Days of Transformation through prayer and fasting, let's focus not just on seeking extraordinary signs but also on deepening our understanding of Christ's transformative teachings.

Consider today: Are you growing into a deeper understanding of Christ's identity and teachings? In prayer, reflect on how comprehending Jesus more profoundly can lead to genuine change in your life.

*"Christianity is Christ! No one ever lost out by excessive devotion to Christ. Christ is a substitute for everything, but nothing is a substitute for Christ." H.A. Ironside*

**What am I praying for?**

**What is God saying?**

## DAY 20: MARK 8:31-38 - The Cost of Discipleship

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Jesus unveils the transformative cost of discipleship, foretelling His suffering, death, and resurrection. He challenges His followers to deny themselves, take up their cross, and lose their lives for His sake. By emphasizing the eternal value of the soul, Jesus highlights that gaining the world is futile without salvation.

This passage invites us to ponder the core of true discipleship and its transformative journey. As we navigate these 40 Days of Transformation through prayer and fasting, let's reflect on the sacrificial aspect of following Christ. Are we willing to surrender our desires, bear our crosses, and undergo a personal transformation for the sake of the Gospel?

Consider today: What does the transformative cost of discipleship mean to you? In prayer, seek clarity on the sacrifices Christ calls you to make for a more profound discipleship experience. Invite the Holy Spirit to lead you on the path of self-denial and wholehearted discipleship.

*"The world says love yourself, grab all you can, follow your heart. Jesus says deny yourself, take up your cross and follow me." Francis Chan*

**What am I praying for?**

**What is God saying?**

## DAY 21: MARK 9:1-13 - The Transfiguration: A Glimpse of Glory

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Jesus takes Peter, James, and John to the mountaintop, where His glory is revealed through the Transfiguration. Moses and Elijah appear, representing the Law and the Prophets, affirming Jesus as the fulfillment of both. God's voice declares, "This is my beloved Son; listen to him."

The Transfiguration offers a transformative glimpse of Jesus' divine glory, reinforcing His identity as the Father's beloved Son and the ultimate fulfillment of God's plan. As we engage in these 40 Days of Transformation through prayer and fasting, let's seek moments of encounter with God. Are we willing to climb the mountaintop, leave behind the mundane, and witness Christ's transformative glory?

Consider today: Have you experienced glimpses of God's glory in your transformation journey? In prayer, ask God to reveal Himself more deeply, providing transformative encounters that solidify your understanding of Jesus as fulfilling God's promises. May this day be marked by a hunger for divine encounters, inviting the Holy Spirit to move in our lives in transformative ways.

"It is my desire to show my attachment to the cause of him who died for me, by devoting my life to his service." David Livingstone

**What am I praying for?**

**What is God saying?**

## DAY 22: MARK 9:14-50 - Transformative Faith and Wholehearted Commitment

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Jesus encounters a desperate father seeking healing for his demonized son. Though challenged by the disciples' lack of faith, Jesus heals the boy, emphasizing the transformative power of unwavering faith. He further discusses the seriousness of stumbling blocks, calling for radical commitment to avoid spiritual pitfalls.

This passage underscores the transformative nature of faith and the necessity for wholehearted commitment in our spiritual journey. As we engage in these 40 Days, let's evaluate the depth of our faith. Are we entirely committed to the transformative journey, ready to eliminate stumbling blocks hindering our spiritual progress?

Consider today: How strong is your faith, and what stumbling blocks need removal for transformative growth? In prayer, seek the Holy Spirit's guidance to strengthen your faith and identify areas demanding wholehearted commitment.

*"When you come looking for me, you'll find me. Yes, when you get serious about finding me and want it more than anything else." Jeremiah 29:13 (The Message)*

**What am I praying for?**

**What is God saying?**



## DAY 23: MARK 10:1-31 - Surrender and Eternal Rewards

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Jesus addresses various aspects of discipleship, including marriage, wealth, and humility. He emphasizes the transformative power of surrendering earthly attachments for the sake of the Kingdom. The rich young ruler, clinging to his wealth, leaves saddened, highlighting the difficulty of releasing earthly treasures. Jesus concludes by affirming the transformative rewards of sacrifice in this life.

This passage encourages us to surrender. As we navigate these 40 Days of Transformation through prayer and fasting, let's consider the areas where earthly attachments hinder transformative growth. Are we willing to surrender these for the sake of the Kingdom?

Consider today: What earthly attachments might be hindering your transformative journey? In prayer, seek God's guidance to identify areas requiring surrender.

*"Conversion is a complete surrender to Jesus. It's a willingness to do what he wants you to do." Billy Sunday*

**What am I praying for?**

**What is God saying?**

## DAY 24: MARK 10:32-52 - Servanthood and Persistent Faith

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Jesus foretells His impending suffering and death, illustrating the importance of servant leadership. The disciples, however, argue for positions of prominence, prompting Jesus to teach about the transformative power of servanthood. Blind Bartimaeus seeks healing while showing persistent faith and refusing to give up.

This passage emphasizes leadership through servanthood and the effectiveness of persistent faith. During these 40 Days let's reflect on our understanding of leadership and faith. Are we willing to be transformed with a servant's heart, prioritizing the needs of others over personal ambitions?

Consider today: How can your leadership become more transformative through servanthood? In prayer, ask for guidance in cultivating a servant's heart. Reflect on areas where your faith can mirror Bartimaeus's persistence.

*"In matters of equity between man and man, our Saviour has taught us to put my neighbor in place of myself, and myself in place of my neighbor." Isaac Watts*

**What am I praying for?**

**What is God saying?**

## DAY 25: MARK 11:1-11 – Triumphal Entry into Jerusalem

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Hosanna means salvation has arrived. Jesus' entry into Jerusalem fulfilled the prophecy of Zechariah. The crowds hail Him as the one who comes in the name of the Lord, laying palm branches before Him. This transformative event marks Jesus as the long-awaited Messiah, heralding a paradigm shift in how people perceive and receive Him.

This passage invites us to witness the transformative triumph of Jesus and reassess our perception of Him in our lives. As we journey through these 40 Days of Transformation through prayer and fasting, let's consider: How do we welcome Jesus into the various areas of our lives? Are we prepared to lay down our symbolic palm branches, surrendering our expectations and allowing Him to reign in our lives?

In prayer, seek openness to His reign in every aspect of your life. May this day be marked by a triumphant welcome, as you lay down expectations and invite Jesus to transform every area of your being.

*"God hold us to that which drew us first, when the cross was the attraction and we wanted nothing else." Amy Carmichael*

**What am I praying for?**

**What is God saying?**

## DAY 26: MARK 11:12-25 – Transformative Forgiveness

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Here is a strange incident where Jesus curses a barren fig tree, symbolizing the fruitlessness of a life without genuine faith. Jesus emphasizes the power of faith, stating that if we believe and do not doubt, we can move mountains. Yet, tucked within this passage is an often-overlooked lesson about forgiveness.

Before approaching God with our petitions, Jesus encourages us to ensure our hearts are free from unforgiveness. As He cursed the unfruitful fig tree, bitterness and resentment can render our prayers ineffective. God desires a heart softened by forgiveness, capable of producing the fruit of love, mercy, and compassion.

Are there areas where unforgiveness has taken root? It may be a grudge, a lingering hurt, or resentment towards others. Just as Jesus cleared the temple, He desires to cleanse our hearts, making them holy and fertile ground for transformation.

Consider the transformative power of forgiveness in your life. Are there individuals who need your forgiveness? Can you surrender those hurts to God, allowing His power to bring healing and fruitfulness to your heart?

Take a moment to pray, releasing any unforgiveness and inviting God to cultivate a heart rich in love and compassion. How can you actively cultivate forgiveness in your life today?

*"To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you." C.S. Lewis*

**What am I praying for?**

**What is God saying?**

## DAY 27: MARK 11:27-33 - God's Authority

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In Mark 11:27-33, the religious leaders question Jesus' authority. Instead of directly answering, Jesus presents them with a question about John the Baptist's authority, leaving them unable to respond without compromising their positions. This interaction reveals a powerful truth: God's authority surpasses human understanding.

As we pray and fast during these 40 days of transformation, consider the areas of your life where you question God's authority. Are there aspects where you struggle to surrender control? Reflect on Jesus' response to the religious leaders and acknowledge God's wisdom, even when it surpasses your understanding.

Invite God into those areas, asking for a heart that willingly submits to His authority. Embrace the transformative journey of relinquishing control and trusting in His wisdom. Allow His authority to shape your perspective, bringing peace and clarity. How might your life be transformed by surrendering to God's authority in all areas?

*"The modern world detests authority but worships relevance. Our Christian conviction is that the Bible has both authority and relevance, and that the secret of both is Jesus Christ."*

John Stott

**What am I praying for?**

**What is God saying?**

## DAY 28: MARK 12:1-34 – Wholehearted Devotion

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In two commandments, Jesus summarizes the core of the Christian life. Start here when you ask what God's will is in your life. When you ask what your focus should be, start here. If you follow these two commandments, everything else will fall into place.

Let's examine it a little more closely. Love God with all your heart: Focus all your affection and be completely satisfied in Him. Love God with all your soul: Depend entirely on Christ for salvation and surrender every part of your life to Him.

Love God with all your mind: Study the Bible to understand it, and use your mind to think only about things that please God. Love God with all your strength: Use your energy to spread the Gospel and seek the glory of His name. Love your neighbour as yourself: Consider the needs of others before yours, and take every opportunity to serve others to the best of your ability.

Do you love God with all your heart, soul, mind, and strength? What can you do to focus your love more on God in these areas? Do you love your neighbour as yourself? What can you do to put the needs of others before yours? Humbly and honestly repent for not loving God and others as you should. Pray that God will increase your love for Him and others. How can you actively express love for God and your neighbours during this transformative journey?

*"The world has yet to see what God will do with a man completely consecrated to Him. With God's help, I aim to be that man." Dwight L. Moody*

**What am I praying for?**

**What is God saying?**

## DAY 29: MARK 12:35-40 - True Worship

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Jesus confronts the religious leaders with a plain truth about genuine worship.

As discussed in the previous devotional, Jesus acknowledges the importance of loving God with heart, soul, mind, and strength. However, He exposes a critical flaw in the religious leaders' understanding of worship—they were more concerned with outward displays of religious observance than true worship.

True transformation involves external adherence to religious practices and a genuine internal transformation that stems from a heart surrendered to God. It's about more than appearing righteous; it's about allowing God to reshape our hearts, making us vessels of His love and grace.

Consider your own worship: Is it marked by genuine, heartfelt devotion, or does it veer toward external displays? Are there areas of your life where external religiosity has overshadowed authentic, heart-centered worship?

As you reflect, pray for a transformation in your worship. Ask God to renew your heart and align your worship with His desire for heartfelt devotion. How you can deepen your relationship with Him during these 40 Days of Transformation?

*"Fight for us, O God, that we drift numb, and blind and foolish into vain and empty excitement. Life is too short, too precious, too painful to waste on worldly bubbles that burst. Heaven is too great, hell too horrible, eternity is too long to putter around the porch of eternity." John Piper*

**What am I praying for?**

**What is God saying?**

## DAY 30: MARK 12:41-44 - The Heart of Generosity

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Jesus presents an uncomfortable lesson on true generosity and selfless giving. Jesus observed the crowd dropping their offerings into the treasury in the busy temple. It was interesting that you could sit and watch as people brought their offerings. Among them was a widow, a vulnerable woman of great need. While others contributed from their surplus, she offered two small coins—her entire livelihood.

True transformation involves a shift from self-centeredness to God-centered generosity. The widow's sacrificial giving caught Jesus' attention because this is the heart He desires in His followers. Her offering wasn't about the amount but the depth of her devotion. It has a cost, but she happily gives everything she has.

Reflect on your generosity. Do you give merely from your surplus? Are you willing to give everything you have, everything God asks of you? Does it cost you your job, lifestyle, ambitions, family, friends, or comfort? Could you pray to God to use you, your children and grandchildren to take the Gospel to the 2.2 billion people who have never been told of Jesus?

During these 40 Days of Transformation, pray for opportunities to give sacrificially.

*"The more you give, the more comes back to you, because God is the greatest giver in the universe, and He won't let you outgive Him. Go ahead and try. See what happens."*

Randy Alcorn

**What am I praying for?**

**What is God saying?**



## DAY 31: MARK 13:1-23 - Endurance in Uncertain Times

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On day 31 of our 40 Days of Transformation, Jesus unveils insights about the future and the challenges believers will face. This passage encourages us to cultivate endurance and persevering faith in times of difficulty.

Jesus foretells tribulations, false messiahs, and upheavals that may cause fear and confusion. Yet, amidst these uncertainties, He provides a foundational truth: "...they will see the Son of Man coming in clouds with great power and glory."

Consider the various uncertainties you might face today – personal, societal, or global. How can you anchor your faith in the hope of Christ's triumphant return? Amid uncertainty, our call is to endure, holding firm to the promises and teachings of Christ.

During these 40 Days of Transformation, meditate on the hope of Christ's triumphant return. Seek to deepen your understanding of His promises and align your faith with the eternal truths He provides. Pray for the endurance to face uncertainties with unwavering trust in God's unchanging character. Are there areas of your life where you need to build greater endurance and faith?

*"Endurance is a key indicator of spiritual fitness." Alistair Begg*

**What am I praying for?**

**What is God saying?**

## DAY 32: MARK 13:24-36 - Anticipation

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Jesus vividly portrays the future and the need to stay alert. Jesus speaks of celestial signs and His glorious return. Amidst the cosmic upheavals, He urges His followers to be watchful, emphasizing the uncertainty of when these things will occur. Just as a homeowner stays vigilant, anticipating a thief, we are called to remain spiritually awake, ready for Christ's return.

Consider your spiritual alertness. Are you watchful and prepared for the Lord's coming in your life, or have complacency and distraction taken hold? The call to watchfulness extends beyond prophetic events; it encompasses our daily walk with God.

During these 40 Days of Transformation, reflect on your spiritual alertness. Are there areas of your life where you've grown spiritually drowsy? How can you rekindle a sense of anticipation and readiness for God's work in and through you?

Pray for increased alertness in recognizing God's guidance and presence. Seek His strength to overcome distractions and complacency, staying focused on His coming and promises. As we await the Lord's return, let's live with unwavering vigilance and readiness.

How can you cultivate a more watchful spirit in your daily life? What specific steps can you take to enhance your spiritual alertness during these 40 days and beyond?

*"...what the situation will be like in the world before the Lord returns, namely, Christ will be despised, and the preachers of the Gospel will be regarded as fools." Martin Luther*

**What am I praying for?**

**What is God saying?**

## DAY 33: MARK 14:1-9 - Extravagant Worship

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On day 33 of our 40 Days of Transformation, we have a poignant narrative illustrating extravagant worship. Jesus, reclining at Simon the leper's house, encounters a woman who breaks an alabaster jar and anoints Him with costly perfume.

This devotion perplexes onlookers, drawing criticism for the perceived waste of resources. However, Jesus commends the woman. This act is a foretelling of the great sacrifice about to be made for humanity. In her act of extravagant worship, she honours the Messiah.

Are there moments when your worship is marked by extravagance, pouring out your heart and resources to honour the Lord? Or has routine and familiarity diminished the fervour of your worship?

During these days, let's reflect on the sincerity of our worship. How can we offer extravagant worship to Jesus, recognizing His sacrificial love and lordship over our lives? How can we break the alabaster jar of our hearts, pouring out genuine adoration for the Savior?

Pray for a renewed spirit of extravagant worship, asking God to reveal areas where your devotion can be deepened. Seek to express your love for Jesus in ways that surpass the ordinary, embracing a heartfelt and sacrificial worship that honours the One who gave everything for you.

What steps can you take during these 40 days to cultivate a heart of worship that is reflected in every area of your life?

*"I wasn't God's first choice for what I have done in China... I don't know who it was... it must have been a man... a well-educated man. I don't know what happened. Perhaps he died. Perhaps he wasn't willing... and God looked... and saw Gladys Aylward... and God said, 'Well, she's willing.' " Gladys Aylward, missionary in China*

**What am I praying for?**

**What is God saying?**

## DAY 34: MARK 14:10-52 – Betrayal and Surrender

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Here is a profound passage capturing the weight of betrayal and the surrender of Jesus in the Garden of Gethsemane.

Judas, motivated by greed, makes a deal to betray Jesus. Meanwhile, Jesus, fully aware of His impending sacrifice, withdraws to pray in Gethsemane. Overwhelmed with sorrow, He pleads with the Father, "Yet not what I will, but what You will."

Judas makes the tragic choice of betrayal. Jesus embodies surrender, willingly embracing the divine plan for redemption. The juxtaposition of these two responses highlights the critical moments that lead to the crucifixion.

Consider today: Are there areas where you've been tempted to betray your values or compromise your faith for personal gain? Conversely, where can you surrender more fully to God's will, relinquishing control and trusting His plan?

During these 40 Days of Transformation, let's confront the weight of our choices. How can we resist the allure of betrayal and, like Jesus, embrace surrender to God's perfect will? Take a moment to examine your heart, confessing areas of betrayal and seeking God's grace for greater surrender.

Pray for the strength to resist the temptation of betrayal and the courage to surrender your will to God. Ask the Holy Spirit to guide you in making choices that align with God's plan for your life.

How can you actively resist the allure of betrayal in your life? How can you cultivate a heart of surrender, echoing Jesus' words, "Not my will, but Yours be done"?

*"Being a Christian is less about cautiously avoiding sin than about courageously and actively doing God's will." Dietrich Bonhoeffer*

**What am I praying for?**

**What is God saying?**

## DAY 35: MARK 14:26-31 – Restoration

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Jesus warned Peter about denying Him. Despite the warning, Peter sleeps in the garden, distances himself during judgment, and ultimately denies knowing Jesus. If it were us, we might lose trust and keep our distance. However, Jesus, unlike us, responds with grace.

Even after Peter's denials, Jesus doesn't cast him aside. In John 21:15-19, Jesus instructs Peter to teach, feed, and care for His sheep. Instead of dwelling on Peter's failures, Jesus sees his potential. God used Peter to reach countless believers, and through his ministry, the church was formed—an instrumental means of Christ reaching people today.

Jesus isn't discouraged by our shortcomings; redemption is His specialty! Like Peter, we can find restoration and purpose in Christ. Admit your faults to Him, and ask for use in His service. Remember, God is the ultimate Redeemer, turning our weaknesses into strengths for His glory. Embrace His transformative power as you surrender your shortcomings to Him today.

*"My hope lives not because I am not a sinner, but because I am a sinner for whom Christ died; my trust is not that I am holy, but that being unholy, HE is my righteousness. My faith rests not upon what I am or shall be or feel or know, but in what Christ is, in what He has done, and in what He is now doing for me. Hallelujah!" Charles Spurgeon*

**What am I praying for?**

**What is God saying?**

## DAY 36: MARK 15:1-5 - The Silent Saviour

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Jesus is standing silent before Pilate. In the face of false accusations, Jesus, the sinless Saviour, refuses to defend Himself. His silence speaks volumes, echoing the fulfillment of prophecy and the ultimate purpose of His sacrificial journey.

Pilate marvels at Jesus' quiet resolve, questioning Him, yet receiving no response. Jesus' silence resounds with humility and submission to the divine plan of redemption. He endures false accusations, bearing the weight of our sins silently.

Consider your own life. How often do you feel compelled to defend yourself amid unjust accusations or criticism? Jesus' silent example challenges us to trust God in adversity and slander.

Reflect on the times when silence may be the wisest response. Are there situations where your actions can speak louder than words? Pray for discernment and humility to follow Jesus' silent example in the face of unjust accusations.

During these 40 Days, how can you embrace the power of silence in your own life, trusting God to defend your character and purpose?

*"The Lord will fight for you, and you have only to be silent." Exodus 14:14*

**What am I praying for?**

**What is God saying?**

## DAY 37: MARK 15:6-37 - The Cross: A Work of Transformation

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On day 37 of our 40 Days of Prayer and Fasting, we witness the profound transformation at the foot of the cross. The very symbol of suffering becomes the catalyst for eternal change.

In the midst of Jesus' crucifixion, we encounter various responses—a crowd jeering, soldiers mocking, and some onlookers silently observing. Yet, in the middle of the chaos, an unexpected transformation occurs. The centurion, witnessing Jesus' final moments, declares, "Surely this man was the Son of God."

Once an instrument of death, the cross becomes a symbol of redemption and salvation. This divine exchange unveils the transformative power of Christ's sacrifice, as even the hardened heart of a Roman centurion is moved to acknowledge Jesus' true identity.

Reflect on your response to the cross. What does it evoke in your heart? As we approach the end of our transformative journey, consider how the cross has impacted your life.

Pray for a more profound revelation of the transforming power of the cross. How can you share this profound message of redemption and transformation with those around you?

*"It costs God nothing, so far as we know, to create nice things: but to convert rebellious wills cost Him crucifixion." C.S. Lewis*

**What am I praying for?**

**What is God saying?**

## DAY 38: MARK 15:37-47 – Amazing Redemption

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How does the death of Jesus transform your understanding of access to God?

As Jesus breathed His last, the earth quaked, and the temple veil tore, indicating the direct access His death provided to the presence of God. The centurion overseeing the crucifixion acknowledged, "Certainly, this man was the Son of God!"

Christ's death ushered in a radical change. The curtain's tearing marked the abolition of barriers, granting unrestricted access to God through Jesus. No more sacrifices, rituals, or human mediators—Jesus became the ultimate sacrifice, securing acceptance and serving as the eternal mediator between God and humanity.

As we reflect on this passage, consider the impact of Jesus' sacrifice on your life. How has His death transformed your understanding of approaching God? In these final days of our journey, let's express gratitude for the gift of Jesus' sacrifice, who tore down walls and granted us unfettered access to the Father.

*"The gospel is this: We are even more sinful and flawed than we ever dare believe, yet we are more loved and accepted in Jesus Christ than we ever dared hope." Tim Keller*

**What am I praying for?**

**What is God saying?**



## DAY 39: MARK 16:1-7 – Jesus is Alive!

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This is the event that will change things forever: Jesus is alive! The women found the tomb empty—a miraculous testimony to the transformative power of Jesus. The angel declared, "He has risen!"—a proclamation resonating with the promise of new life, hope, and eternal transformation.

The empty tomb is the epicentre of our faith, symbolizing the death of sin's power and the birth of a transformed life in Christ. Jesus conquered death, assuring us of resurrection and everlasting life.

As we approach the finale of our 40 Days of Transformation, reflect on the significance of the empty tomb in your life. How has the resurrection of Jesus impacted your perspective on trials, disappointments, and the uncertainties of life? Consider the areas in which you long for transformation and resurrection power. In these final days of our journey, invite the presence of the risen Christ into every aspect of your life.

Embrace the truth that, just as Christ rose from the grave, you too can experience resurrection and transformation. How will you allow the reality of the empty tomb to bring ongoing transformation to your heart, mind, and circumstances?

*"Death could not hold you, the veil tore before You, You silenced the boast of sin and grave. The heavens are roaring, the praise of Your glory, for you are raised to life again. You have no rival, you have no equal, now and forever God you reign. Yours is the Kingdom, yours is the glory, yours is the Name above all names" (Hillsong, What a Beautiful Name)*

**What am I praying for?**

**What is God saying?**

## DAY 40: MARK 16:8-20 – Empowered for Mission

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As we conclude our 40 Days of Transformation Through Prayer and Fasting, we find ourselves at the end of Mark's Gospel, where a life-changing commission takes place. This passage, often known as the more extended ending of Mark, emphasizes the empowerment for the mission that comes from a life connected to Christ.

Having encountered the risen Christ, the disciples were commissioned to proclaim the Gospel, accompanied by signs and wonders. This power was not for their benefit but for transforming the lives and communities around them. As we wrap up this 40-day journey, this power is accessible to each of us.

Consider the work of transformation that has taken place within you during these 40 days. The disciples encountered Christ's resurrected power, and we, too, have access to that same transformative energy through the Holy Spirit. Just as the disciples were sent out, you are commissioned by the resurrected Christ to be a vessel of transformation in your spheres of influence.

Now, in the conclusion of this journey, ask yourself: How will you actively seek the transformative power derived from your connection with Christ in your daily life, relationships, and pursuits? Are you prepared to be an instrument of transformation, relying on the guidance and empowerment available through your connection with Christ?

May this reflection inspire a renewed commitment to living a life empowered by the transformative power of being closely connected to Christ. In your concluding day, consider how you can impact the world around you with the empowerment and transformation found in a life centred on Christ.

*"Oh, that I had a thousand lives and a thousand bodies! All of them should be devoted to no other employment but to preach Christ ... I do not repent in becoming a missionary and, should I die in the march and never enter the field of battle, all would be well." Missionary Robert Moffat wrote to his parents from London before leaving for Africa*

*"Life is about Jesus. We are not here to tell our story, but His." Francis Chan. AMEN.*

*"If the Great Commission is true, our plans are not too big; they are too small." Pat Morley*

### What am I praying for?

### What is God saying?