

DAY 1: MONDAY, JANUARY 6

I AM NO LONGER MY OWN, BUT YOURS

This prayer begins with a powerful statement about belonging and allegiance, that flies in the face of contemporary voices. Inspirational reels, self-help books, and charismatic podcasters suggest that true fulfillment comes from elevating your personal self by “living your truth” and doing what makes you happy.

But that is not the way of Jesus.

Jesus did not come to be served or praised. He did not live an easy, happy life. Jesus, God made flesh, came to sacrificially love and serve others. He obeyed God the Father to the point of death. He willingly suffered, bled and died on the cross so that we might live through Him. His life was not His own; and neither is ours. When we repent and embrace God’s love for us through the life, death and resurrection of Jesus, everything changes. We are no longer our own; we belong to Him. God does not get only one part of our lives, or just our Sunday mornings. He gets EVERYTHING - our hopes, dreams, passions, desires, work, family, time, and bodies.

It’s similar to what Jesus said in Matthew 16:25, “For whoever wants to save their life will lose it, but whoever loses their life for me will find it.” (NIV)

Following Jesus means that we no longer self-direct our lives. We give up everything, BUT we find more than we could ever imagine. There is belonging, purpose and true life. We are connected in relationship with God, and are reminded that is all we truly need.

So, as we enter our first day of fasting, remember our sacrificing of food, technology, social media, etc. is one small way we remind ourselves, and our bodies, that we are no longer our own, but God’s.

*Written by Taylor Nixon,
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PAUSE

Take a few moments to be silent, enjoying several slow, deep breaths. As slowly as you can, pray: "I am no longer my own, but yours." Allow yourself to linger over every word. Pause to listen at the end. What thoughts, or insights did God reveal as you listened?

REJOICE

We belong to God. We are united with Christ - and that is something to rejoice over! When you reflect on your relationship with God, what are you grateful for?

ASK

Write a short prayer asking for more of God's action in your life.

YIELD

Rest in the freedom that you are not your own. As you pause and listen, how is God speaking to you?