

## DAY 3: WEDNESDAY, JANUARY 8

### PUT ME TO DOING, PUT ME TO SUFFERING

In the Wesley Covenant Prayer, we encounter a powerful, yet challenging request for God to, “Put me to doing, put me to suffering”. This phrase calls us to embrace both action and adversity as essential components of a life of faith and invites us to reflect on our willingness to serve and endure for the sake of Christ.

To be *put to doing* is to engage actively in God’s mission in our everyday lives even when it might be uncomfortable to do so. In a self-centered culture, this line of the prayer invites us to shift our focus from our will to God’s. It forces us to ask, what can we do today to serve those around us, and how can we step out and join in God’s mission in the world? The actions of our life should reflect God’s heart to those around us. As we dedicate ourselves to doing, we find joy in living out the unique role God has for us in His mission.

The next phrase *put me to suffering* is very challenging because suffering, whether physical, emotional, or spiritual, is never easy... kind of like fasting. Yet, it is often through struggle and sacrifice that we experience profound transformation. Jesus Himself modeled this, enduring suffering for the sake of love on the cross. In our trials, we can draw closer to Jesus, understanding the depths of His compassion toward us. Our suffering can become a testimony of faith, offering hope to others who struggle as well.

As we fast and pray the Wesley Covenant Prayer together, let us embrace both the call to action and the acceptance of suffering in our life of faith. May we find strength in knowing that both are pathways to deeper relationship with God and greater impact in the world.

*Written by Jagger Eastman,  
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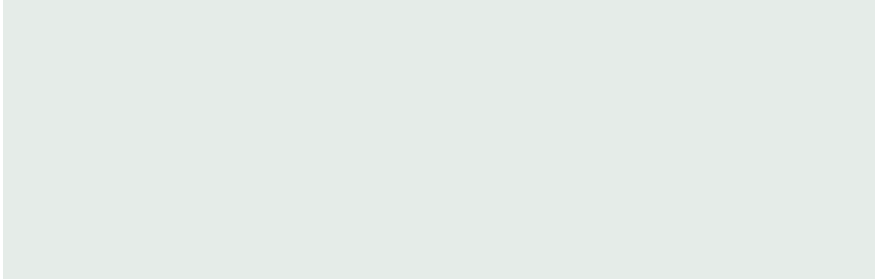
## ***PAUSE***

Pause your day and take time to fully surrender your heart, mind, and body to God. Practice a breath prayer to focus your whole self on God by praying:

Put me to doing (*inhale*), put me to suffering (*exhale*).

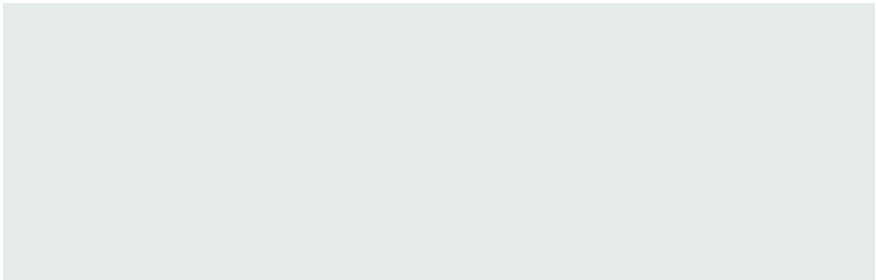
## ***REJOICE***

Rejoice in the ways God has used your skills or suffering for His Kingdom.



## ***ASK***

Where is God calling you to take action and join in His mission in your everyday life? Ask God how He wants to uniquely use you and write down any next steps you receive.



## ***YIELD***

When we take action and faithfully follow God's will, He has promised us that trial and suffering will come our way. Just like in fasting from food, in this moment we take time to surrender ourselves to God's will and offer our lives as a living sacrifice. Prayerfully submit to the reality of sacrifice and ask the Holy Spirit to equip you with faith even in trials, strength to endure challenges that may come your way, and perseverance to keep living out His mission everyday. Write your prayer. Prayer Pages start on page 26.