

BE
BECOME
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EVERYDAY DISCIPLE

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21 Days of Prayer and Spiritual Formation

January 11 - 31, 2026

Welcome

We believe that discipleship is not a moment—it's a lifelong journey. These 21 days are an opportunity to slow down, seek God, and reorient your life around Jesus.

Jesus' invitation to "Follow Me" isn't a one-time decision; it's a way of life. As you go through this journal, our prayer is that you will be with Jesus, become like Jesus, and do as Jesus did.

How to Use This Journal

1. Set aside time each day. Find a quiet space—morning, lunch, or evening—and invite God to speak.
2. Read and reflect. Let Scripture shape your thinking and your pace.
3. Practice. Each day includes a simple way to apply what you're reading.
4. Write it down. Use the journal space to record what God is showing you.
5. Talk about it. Use the Family Discussion section to start spiritual conversations at home.
6. Join us. Be part of what God is doing through Encounter Nights this month.

Transformation happens over time, not by trying harder but by training your heart to walk closely with Jesus each day. You don't have to have it all together—just keep showing up.

The Nine Spiritual Disciplines You'll Practice

Over these 21 days, you will engage with nine key spiritual disciplines—each one a pathway to deepen your relationship with Jesus and shape your character. Here's a brief definition of each so you know what to expect:

- **Solitude** – Stepping away from distraction and noise to be alone with God, listening rather than doing.
- **Prayer** – Talking to, listening to, and being with God, and receiving communion with Him as our Father.
- **Sabbath** – Setting aside regular time for rest, worship, and delight in the Lord, rather than striving.
- **Scripture** – Immersing ourselves in God's Word, allowing it to teach, correct, and train us in righteousness.
- **Fasting** – Voluntarily giving up food (or something significant) for a time so we can say "yes" to God and depend on Him more.
- **Community** – Living, growing, and serving alongside others, forming relationships that encourage and challenge us to become Christ-like.
- **Service** – Using our gifts, time, and presence to help others, just like Jesus served—to show His love through action.
- **Generosity** – keeping open hands with what we have—time, resources, attention—so that the overflow reflects God's heart.
- **Witness** – Sharing the good news of Jesus through our words, our lives, and our presence—joining what God is already doing in the world.

As you read, practice, journal, and talk about these rhythms, know that each discipline is not just something to "do" but a way to train the way of your heart and align your life with Jesus.

Our Prayer for You

"He who began a good work in you will carry it on to completion until the day of Christ Jesus."

- Philippians 1:6

As you journey through these 21 days, may you feel God shaping something new within you. May His Word transform your mind, His presence fill your soul, and His Spirit empower you to live differently—fully alive in Him.

Fasting Guide

Fasting is a biblical practice that helps us say no to ourselves so we can say yes to God. It's not about earning His favor—it's about creating space to depend on Him more deeply.

Here are a few ways you can fast during these 21 days:

- **Water Fast:** Abstain from all food, drinking only water.
- **Partial Fast:** Limit certain foods or meals each day.
- **Daniel Fast:** Eat fruits, vegetables, and water only.
- **Single Meal Fast:** Skip one meal each day to pray.
- **Hybrid Fast:** Mix different fasts throughout the 21 days.

Encounter Nights

Throughout this journey, we have dedicated special nights for our church family to come together, worship, and connect with God. These Encounter Nights are open to everyone—a time for prayer, worship, reflection, and renewal.

January 12th, 19th, and 26th - 6:30 PM

Come expectant. Come prepared to hear from God. Each night will focus on the rhythms you're practicing that week—Being, Becoming, and Doing—so that what's written in your journal can come alive in your heart.

Worship & Reflection Playlist

We've put together a special Spotify playlist for these 21 days—a collection of instrumental and reflective worship music to help you slow down, listen, and pray.

Scan the QR Code Below to open the Everyday Disciple playlist and use it while you read, journal, or pray.

**SPOTIFY
PLAYLIST**

SCAN QR CODE TO PLAY
THE EVERYDAY DISCIPLE PLAYLIST



WEEK 1

BEING WITH JESUS

Rhythms: Solitude, Prayer, and Sabbath

Focus: Being with Jesus is where life change begins. Before He calls us to serve, lead, or do anything for Him, Jesus invites us to simply be near Him. In a world that moves fast and fills every quiet moment, this week is an invitation to slow down, breathe, and make space for God's presence. As you practice solitude, prayer, and Sabbath, may you rediscover that transformation starts not through striving, but through abiding in His love.

BAY 1

THE INVITATION TO BE WITH HIM

RHYTHM: Solitude

Scripture:

Mark 3:14 He appointed twelve that they might be with him...

Reflection: Jesus' first invitation to His disciples wasn't to preach, serve, or perform. It was to be with Him. Begin your 21-day journey by simply accepting His invitation.

Practice: Find a quiet space. Sit in silence for five minutes. Simply acknowledge Jesus' presence with you.

Scripture Study:

Read John 15:1-8. How does "abiding" expand your understanding of being with Jesus?

FAMILY DISCUSSION:

Did you practice solitude or quiet today?

What was good about it?

What was challenging?

How did you notice God's presence?

Journal:

(Use this space to write your reflections and prayers.)

What does being with Jesus look like in this season of your life?

BAY 2

SLOWING DOWN TO NOTICE

RHYTHM: Solitude

Scripture:

Psalm 46:10 Be still and know that I am God.

Reflection: Stillness is not inactivity; it's attentiveness. When we slow down, we create space for God to be known.

Practice: Take a 10-minute walk today without your phone. Pay attention to the world around you and let creation draw your heart to the Creator.

Scripture Study:

Read Matthew 6:25-34. What does Jesus teach about living at a slower, more trusting pace?

FAMILY DISCUSSION:

Did you find a way to be still together?

What did you notice around you?

How did it feel to slow down together as a family?

Journal:

(Use this space to write your reflections and prayers.)

What did you notice when you slowed down today?

DAY 3

MAKING SPACE FOR GOD

RHYTHM: Solitude

Scripture:

Luke 5:16 But Jesus often withdrew to lonely places and prayed.

Reflection: Jesus modeled solitude, not to escape people, but to stay connected to His Father. Time alone with God isn't isolation; it's alignment.

Practice: Choose a time and place this week to withdraw—even for a few minutes—and give God your full attention.

Scripture Study:

Read Mark 1:35-39. What do you learn from the way Jesus made space for the Father amid a busy life?

FAMILY DISCUSSION:

Did you find a quiet moment today?

What did that look like?

How do you think Jesus felt when He got alone to pray?

Journal:

(Use this space to write your reflections and prayers.)

How does solitude prepare you to love people better?

BAY 4

LEARNING TO PRAY LIKE JESUS

RHYTHM: Prayer

Scripture:

Luke 11:1 Lord, teach us to pray...

Reflection: Prayer is not a performance; it's participation in the life of God. Jesus invites us to talk to the Father the same way He did—simply and sincerely.

Practice: Pray the Lord's Prayer slowly.
Pause after each line and make it personal.

Scripture Study:

Read Matthew 6:5-13. What do you notice about the heart posture Jesus encourages in prayer?

FAMILY DISCUSSION:

Did you pray together today?

What did you thank God for?

What's something you want to keep praying about this week?

Journal:

(Use this space to write your reflections and prayers.)

What part of the Lord's Prayer feels most meaningful to you today?

BAY 5

LISTENING PRAYER

RHYTHM: Prayer

Scripture:

1 Kings 19:11-12 The Lord was not in the wind... but in the gentle whisper.

Reflection: Most of prayer is listening. God often speaks through a whisper—a thought, a sense of peace, or a verse that comes to mind.

Practice: After praying, spend five minutes in silence. Ask, "Holy Spirit, what do You want to say to me today?" Write down what you sense.

Scripture Study:

Scripture Study: Read John 10:1-5, 14-16. How does Jesus describe the way His followers recognize His voice?

FAMILY DISCUSSION:

Did you listen for God's voice today?

What do you think He might be saying to us?

How can we respond together?

Journal:

(Use this space to write your reflections and prayers.)

What do you feel like God whispered to your heart today?

BAY 6

REMEMBERING REST

RHYTHM: Sabbath

Scripture:

Exodus 20:8 Remember the Sabbath day by keeping it holy.

Reflection: Sabbath reminds us that we are loved for who we are, not what we do. God invites us to stop working and start resting in His care.

Practice: Choose one day (or a few hours) this weekend to rest. No work, no striving—just be with God and with the people you love.

Scripture Study:

Read Deuteronomy 5:12-15. What connection do you see between Sabbath and freedom?

FAMILY DISCUSSION:

Did we take time to rest together as a family today?

What was the most enjoyable part?

How can we make rest a regular part of our rhythm?

Journal:

(Use this space to write your reflections and prayers.)

What makes it hard for you to rest? What helps you trust God in your rest?

BAY 7

DELIGHT AND WORSHIP

RHYTHM: Sabbath

Scripture:

Isaiah 58:13-14 If you call the Sabbath a delight... then you will find your joy in the Lord.

Reflection: Sabbath isn't just about stopping work; it's about delighting in God. It's a day to remember that joy and gratitude are acts of worship.

Practice: Plan a joyful activity today that awakens your love for God – whether it's sharing a meal, taking a walk, laughing with friends, listening to worship music, or journaling your gratitude.

Scripture Study:

Read Psalm 92. What do you notice about the tone of worship and joy on the Sabbath?

FAMILY DISCUSSION:

What was our favorite part of today?

How did that show us God's goodness?

How can we thank Him together right now?

Journal:

(Use this space to write your reflections and prayers.)

Where did you experience joy in God's presence today?

WEEK 2

BECOMING LIKE JESUS

Rhythms: Scripture, Fasting, and Community

Focus: As followers of Jesus, we aren't just called to believe in Him, we're invited to become like Him. The way we think, speak, and live is shaped as His Spirit transforms us from the inside out. This week, we'll practice rhythms that shape the heart—Scripture, fasting, and community—trusting that formation happens slowly but surely as we stay close to Jesus. Becoming like Jesus doesn't happen by trying harder; it happens by training our hearts to stay open to Him. When we let His Word renew our minds, when we fast to make room for Him, and when we walk with others, His character begins to take root in us.

BAY 8

FORMED BY THE WORD

RHYTHM: Scripture

Scripture:

2 Timothy 3:16-17 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

Reflection: God's Word does more than inform us; it forms us. When we take time to listen and respond, Scripture begins to reshape our minds, renew our desires, and guide our steps.

Practice: Find a quiet spot today to read 2 Timothy 3:16-17 out loud. Read it slowly three times. Circle one word or phrase that stands out and write it down.

Scripture Study:

Read Psalm 119:9-16. What stands out about how Scripture directs and shapes our lives?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

Do you have a favorite verse or Bible story?
(Take turns as a family and read favorite verses together.)

What part of today's verse feels most challenging to live out?

Journal:

(Use this space to write your reflections and prayers.)

What's one truth from God's Word today that is shaping the way you think or act?

BAY 9

RENEWED BY TRUTH

RHYTHM: Scripture

Scripture:

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Reflection: When we fill our minds with truth, we begin to see the world through God's eyes. Transformation happens as our thinking changes to align with His truth, and our hearts respond with obedience.

Practice: Write Romans 12:2 on a note or card and keep it nearby. Read it throughout the day and pray that God will renew your mind each time you see it.

Scripture Study:

Read John 8:31-32. What does Jesus say about the power of His truth?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

How do you think God transforms us through His Word?

Which part of today's verse feels most challenging to live out?

Journal:

(Use this space to write your reflections and prayers.)

Where do you need God to change the way you think right now?

RHYTHM: Fasting

Scripture:

Matthew 6:16-18 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Reflection: Fasting isn't just about going without; it's about going deeper. When we choose to say no to food for a period, we train our hearts to rely on God's presence more than our plate.

Practice: Skip one meal today and dedicate that time to prayer. Each time you feel hungry, ask God to fill you with His Spirit and remind you of His strength.

Scripture Study:

Read Deuteronomy 8:2-3. How did God use hunger to teach His people to rely on Him?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

How did fasting change the way you prayed today?

What is something that tries to take too much of our attention from God?

Journal:

(Use this space to write your reflections and prayers.)

How did fasting today shape your dependence on God?

DAY 11

STRENGTHENED BY SAYING NO

RHYTHM: Fasting

Scripture:

Luke 4:1–4 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

Reflection: Jesus fasted to prepare for His mission. In fasting, our “no” to food strengthens our “yes” to God. It’s not about proving our strength but finding His.

Practice: Fast from food until lunchtime or dinner. When hunger hits, pause and pray, “God, You are what I need most.”

Scripture Study:

Read Isaiah 58:6–11. What kind of fasting pleases God?

FAMILY DISCUSSION:

What’s something you noticed or learned about Jesus today?

How did fasting change the way you prayed today?

What could we let go of for a little while to make more space for God?

Journal:

(Use this space to write your reflections and prayers.)

What did God show you about trust, dependence, or focus through your fast?

RHYTHM: Community

Scripture:

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Reflection: We become like Jesus together, not alone. Community is where faith grows through encouragement, accountability, and shared stories of God's work.

Practice: Reach out to someone in your church, group, or workplace today. Ask how you can pray for them or simply encourage them.

Scripture Study:

Read Acts 2:42-47. What do you notice about how the early believers lived in community?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

How can we bring Jesus' love into our home?

Who is someone that encourages you to love and follow Jesus?

Journal:

(Use this space to write your reflections and prayers.)

Who has encouraged or challenged your faith recently?

DAY 13

BUILDING UP OTHERS

RHYTHM: Community

Scripture:

Ephesians 4:2-3 Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

Reflection: True community isn't about perfect people, but about people pursuing Jesus together. When we practice humility, patience, and love, we reflect God's character to those around us.

Practice: Find one way to encourage or build someone up today through words, prayer, or service.

Scripture Study:

Read Colossians 3:12-15. How do these qualities describe what life in community should look like?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

How can we bring Jesus' love into our friendships?

What is one way we can be a good friend or neighbor this week?

Journal:

(Use this space to write your reflections and prayers.)

How can I be a person who helps others grow in their faith?

BAY 14

BECOMING A BLESSING

RHYTHM: Community

Scripture:

Philippians 2:3-4 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Reflection: Community isn't just for us; it's how God blesses the world through us. When we choose to put others first, we reflect the humility and love of Jesus.

Practice: Do one intentional act of kindness for someone today. Don't announce it. Just do it out of love.

Scripture Study:

Read John 13:12-15. What did Jesus model for us about serving others?

FAMILY DISCUSSION:

What's something you noticed or learned about Jesus today?

How can we bring Jesus' love into our school, work, or neighborhood?

Who can we pray for as a family tonight?

Journal:

(Use this space to write your reflections and prayers.)

Who can I bless or serve in my community this week?

WEEK 3

DO LIKE JESUS

Rhythms: Service, Generosity, and Witness

Focus: This week is about doing what Jesus would do. But the best way to think about doing things like Jesus is actually to do things with Jesus. Jesus gave us the Great Commission and promised to be with us until the end of the age (Matthew 28:19-20). Jesus was not sending the disciples away to do things for God; He was empowering them to do things with the Holy Spirit. Throughout this week, our prayer is that you will discover the voice and leadership of the Holy Spirit as you love and serve others with God.

RHYTHM: Service

Scripture:

John 13:14-15 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.

Reflection: There's no better way to become like Jesus and do what He did than by serving. In His final moments before the cross, Jesus modeled humility by washing His disciples' feet. He didn't just teach about serving—He demonstrated it.

Practice: Serve a friend or family member today. Ask God to show you who He wants you to bless and how you can do it with love.

Scripture Study:

Read John 13:1-20. How does seeing Jesus wash the disciples' feet change your view of God's character?

FAMILY DISCUSSION:

Did you practice serving today?

How did you sense God speaking to you?

What was the hardest or easiest part of serving?

What did you take away from today?

Journal:

(Use this space to write your reflections and prayers.)

What area of your life needs Jesus to grow a deeper heart of service?

BAY 16

SEEING THE NEEDS AROUND YOU

RHYTHM: Service

Scripture:

Luke 10:33-34 But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine.

Reflection: There are opportunities every day to serve like Jesus, but we often move too fast to notice them. The Good Samaritan wasn't the most capable or qualified—he was simply willing. Serving others isn't about resources or status; it's about love and compassion in action.

Practice: Serve a stranger today. Be present and mindful of the people around you. Ask the Holy Spirit to open your eyes to someone who needs care.

Scripture Study:

Read Luke 10:25-37. How does this story challenge you to love others more freely?

FAMILY DISCUSSION:

Did you practice serving today?

How did you feel God speaking to you?

What was challenging or surprising about serving?

What did you learn from today?

Journal:

(Use this space to write your reflections and prayers.)

What prevents you from helping others you notice throughout your day?

BAY 17

GIVING FROM THE HEART

RHYTHM: Generosity

Scripture:

Luke 21:3-4 "Truly I tell you," he said, "this poor widow has put in more than all the others. All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on."

Reflection: God honors a generous heart over the size of the gift. The widow's small offering demonstrated deep trust in God. Generosity flows from faith, not abundance.

Practice: Be generous with your time, words, or finances today. Ask God who He wants you to bless and how you can reflect His heart of generosity.

Scripture Study:

Read Luke 21:1-4. How does this story shape your view of generosity?

FAMILY DISCUSSION:

Did you practice generosity today?

How did you sense God speaking to you?

What was hard about giving freely?

What did you take away from today?

Journal:

(Use this space to write your reflections and prayers.)

What would it look like to give from the heart, not out of pressure or comparison?

DAY 18

LIVING OPEN-HANDED

RHYTHM: Generosity

Scripture:

Luke 19:8-9 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house."

Reflection: After meeting Jesus, Zacchaeus' relationship with money changed completely. He moved from taking to giving, from greed to generosity. When our hearts belong to Jesus, our resources follow.

Practice: Purchase or provide something for someone else today. Let generosity remind you that everything you have belongs to God.

Scripture Study:

Read Luke 19:1-10. What change did Zacchaeus experience after encountering Jesus?

FAMILY DISCUSSION:

Did you practice generosity today?

How did you sense God speaking to you?

What did you learn about trusting God with what you have?

What did you take away from today?

Journal:

(Use this space to write your reflections and prayers.)

Do you use money as a tool to love others and honor God?

BAY 19

JOINING GOD ON MISSION

RHYTHM: Witness

Scripture:

Luke 15:6-7 “Rejoice with me; I have found my lost sheep. I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.”

Reflection: God is already at work in the world around you. He invites you to join Him. As you pray, go, and love others, remember that the Holy Spirit empowers you to represent Jesus wherever you are.

Practice: Pray for a stranger or invite someone to church. Ask the Holy Spirit to guide your words and give you courage.

Scripture Study:

Read Luke 15:1-7. How does this story change your perspective on people who don't yet know Jesus?

FAMILY DISCUSSION:

Did you practice being a witness today?

How did you sense God speaking to you?

What was difficult or encouraging about sharing your faith?

What did you learn today?

Journal:

(Use this space to write your reflections and prayers.)

Who is someone you can pray for or encourage today?

BAY 20

SENT TO BRING HOPE

RHYTHM: Witness

Scripture:

John 9:6-7 After saying this, he spit on the ground, made some mud with the saliva, and put it on the man's eyes. "Go," he told him, "wash in the Pool of Siloam" (this word means "Sent"). So the man went and washed, and came home seeing.

Reflection: The man born blind was not only healed—he was sent. Jesus restores us so that we can bring hope to others. Your story is meant to be shared because your healing can inspire someone else's hope.

Practice: Share who Jesus is with someone today. Ask the Holy Spirit to show you who needs to hear what God has done in your life.

Scripture Study:

Read John 9:1-7. What does this story teach you about being "sent" by Jesus?

FAMILY DISCUSSION:

Did you practice being a witness today?

How did you sense God speaking to you?

What did you learn about Jesus' power and hope?

What did you take away from today?

Journal:

(Use this space to write your reflections and prayers.)

What has Jesus set you free from, and who could you share that story with?

DAY 21

SENT TO THE WORLD

RHYTHM: Witness

Scripture:

Matthew 28:19-20 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

Reflection: The 21-day journey ends, but your life of following Jesus continues. Jesus sends you out to make disciples, just as He sent His own followers. This is your calling—to live a life that helps others meet and follow Him.

Practice: Take your next step in following Jesus this year. If you're ready to make disciples, begin today. If not, commit to grow—join a small group, serve, or find someone to mentor you in faith.

Scripture Study: Read Matthew 28:16-20. What confidence do you gain from knowing Jesus is with you as you go?

FAMILY DISCUSSION:

What was your favorite moment this week?

What's your next step in following Jesus?

How has this 21-day journey helped you grow?

Journal:

(Use this space to write your reflections and prayers.)

What is your next step in following Jesus this year?

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