

A graphic in the top left corner featuring a yellow and orange sunset background with a white semi-circle representing the horizon.

OCTOBER '26

prayer
and fasting
DEVOTION

5 – 9 OCTOBER '26



5 - 9 OCTOBER: PRAYER & FASTING WEEK:

SPIRITUAL DISCIPLINE: “Train for Godliness”

1 Timothy 4:7 (NIV) *“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly.”*

Spiritual discipline is not about trying to earn God’s love. It means intentionally making room in our lives for what strengthens our relationship with Him. Just as an athlete develops strength through consistent training, believers grow spiritually through repeated habits of prayer, Scripture, worship, fasting, obedience, and fellowship.

Discipline protects intimacy. It helps us remain anchored when emotions fluctuate, circumstances become difficult, or distractions compete for our attention. We do not pray only when we feel inspired. We do not read Scripture only when life is easy. We train ourselves to return consistently to the Presence of God.

This week is about developing **holy habits that support a life of hosting His Presence.**

Monday, 5 October — Discipline Builds Strength

Hebrews 12:11 (NIV) *“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”*

Focus Thought: Discipline rarely feels exciting while we are practising it. Hebrews acknowledges this honestly: “No discipline seems pleasant at the time.” Training involves resistance. It asks us to do something today because we understand what it can produce tomorrow. The same is true spiritually. Some mornings you’ll feel eager to pray; others, you’ll rather stay in bed. Some days Scripture feels alive immediately; on other days you may need to slow down and deliberately focus. Spiritual discipline means we do not allow temporary feelings to determine permanent habits. Notice the language in Hebrews: “those who have been trained by it.” Training produces something. The result is described as “a harvest of righteousness and peace.” A harvest does not appear the day after seed is planted. Growth takes time. What you repeatedly practise today is forming the person you are becoming.

This is why small daily decisions matter. Ten focused minutes in God’s Word every day can shape your thinking. Consistent prayer develops dependence upon God. Regular worship trains your heart to turn toward Him. Fasting teaches your appetites that they do not control you.

Hosting His Presence requires intentionality. We cannot fill every moment with noise, distraction, work, entertainment, and activity and then wonder why awareness of God has weakened. Discipline creates room. But remember: discipline is not the destination. Jesus is.

We do not pray merely to say that we prayed. We pray because we want Him. We read Scripture because we want to know His heart. The habit simply helps us return consistently to the relationship. So do not despise ordinary routines. A powerful spiritual life is often built through hundreds of quiet decisions that nobody sees. Today’s discipline becomes tomorrow’s strength.

Fasting Focus: Today, let your fast strengthen your spiritual discipline. When hunger, tiredness, or discomfort comes, allow it to remind you that growth often happens through resistance. Choose prayer over distraction, Scripture over convenience, and obedience over feelings. Ask God to train your heart to remain faithful even when it is difficult, knowing that what feels uncomfortable today can produce spiritual strength, righteousness, and peace tomorrow.

Action for Today: Create or refine a simple daily rhythm for Scripture, worship, and prayer.

Prayer: “Father, strengthen me to live a disciplined life. Help me not to be controlled by my feelings or by what is easy and comfortable. Teach me to remain faithful in prayer, in Your Word, and in obedience to You. Train my heart to choose what will make me stronger spiritually. Give me perseverance when discipline feels difficult, and let my daily choices produce a harvest of righteousness and peace in my life. Amen.”

Today we pray for:

- Healthy + loving marriages and loving + pure families walking with Jesus.
- Christ Gen Church: Growth in all areas - That the harvest will keep coming in + people will hunger to walk with God in.
- Our Pastors, Church staff, Team Leaders, Small Group leaders, Dream Team - may the walk under an open heaven and hear your voice clearly. Protection and the blood over them + their families.
- The peace of Israel. “May all who love this city prosper.” Ps. 122:6.

Reflective Question:

1. How did having structure strengthen your spiritual focus today?

2. What spiritual rhythm do I need to strengthen?

Tuesday, 6 October— Discipline Protects Your Walk

Psalm 119:105 (NIV) *“Your word is a lamp for my feet, a light on my path.”*

Focus Thought: God's Word is described as both a lamp and a light. A lamp does not necessarily illuminate everything kilometres ahead. It gives enough light to take the next step safely. That is often how God leads us. We sometimes want God to reveal His entire plan: What will happen next year? Where will this decision take me? How *will everything work out*? But God often gives us truth for today's step. That is why regular time in Scripture matters. God's Word continually recalibrates our lives.

Without it, we can slowly begin allowing culture, emotions, opinions, fears, ambitions, and circumstances to determine our direction. Scripture brings us back to truth.

Hosting His Presence is not simply about experiencing emotional moments in worship. His Presence and His Word belong together. The Holy Spirit who lives within us is the same Spirit who inspired Scripture. He uses God's Word to correct, encourage, convict, guide, and strengthen us. Spiritual discipline means opening the Bible even when we are not searching for a particular answer. We read because we want God's truth to shape us before the crisis comes. Think about a compass. You don't wait until you are completely lost to check your direction. Regularly checking the compass keeps you from drifting far off course.

God's Word functions similarly. A verse remembered in temptation can protect you. A promise remembered during fear can strengthen you. A truth planted in your heart today may become exactly what the Holy Spirit brings to mind tomorrow. Do not rush through Scripture merely to complete a reading plan. Slow down. Read. Reflect. Ask questions. Pray the passage. Listen. The goal is not merely to finish chapters. The goal is for the Word to get inside you until its light begins shaping how you walk.

Fasting Focus: Today, let your fast create space for God's Word to guide your steps. As you deny yourself, turn away from distractions and give greater attention to Scripture. Ask God to use His Word to correct your direction, guard your decisions, and keep you on the right path. You may not see the whole road ahead, but trust Him to give you enough light for the next step.

Action for Today: Read a portion of Scripture slowly. Pause over anything that captures your attention.

Prayer: “Father, let Your Word guide every step I take. Help me to build the discipline of spending time in Scripture and listening to Your voice. Protect me from wrong paths, poor decisions, and distractions that pull me away from You. Give me wisdom for today and faith to trust You with what I cannot yet see. Keep my life aligned with Your truth and lead me on the path You have for me. Amen.”

Today we pray for:

- Lord show me my Next Step at Christ Gen: Attend Growth Track? Lead a Small Group? Join a Small Group? Join the Dream Team? Reveal my Next Steps in Your dreams + calling for me.
- Small Groups for this term: leaders, sign-ups, real life change, healthy relationships, spiritual growth.
- Team Night, 11 October: "Father, thank You for every person who serves in Christ Gen. As we gather for Team Night, refresh our hearts, renew our passion, and remind us why we serve. Inspire us with fresh vision. Equip us for the work You have called us to do. Impart courage, faith, wisdom, and strength into every volunteer and leader. Build unity among us, raise up new leaders, and increase our capacity to reach more people. May we leave stronger, encouraged, and ready to serve Your Church with excellence, joy, and passion. Use us to build Your house and make an eternal difference."
- The Vision of Christ Gen: Praying for all people on their journey of faith to Know God, Find Freedom, Discover Purpose and Make a difference.

Reflective Question:

1. What truth from God's Word gave direction to you today?

2. What truth is God asking me to walk in?

Wednesday, 7 October — Discipline Requires Saying “No”

Titus 2:11–12 (NIV) *“For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.”*

Focus Thought: Spiritual discipline involves both a yes and a no. We say yes to God, but that inevitably means saying no to things that weaken our ability to follow Him wholeheartedly. Titus tells us something remarkable: grace teaches us to say no.

Sometimes we think grace simply forgives us after we make poor choices. But biblical grace also empowers us to live differently. Grace trains us. Not everything we need to say no to is obviously sinful. Some things are simply distracting. A habit may not be morally bad, yet it may consume hours that could have been invested more wisely. Constant notifications can fragment attention. Entertainment can become excessive. Social media can quietly consume spiritual hunger. Even good responsibilities can become unhealthy when they leave no room for God.

Spiritual discipline asks an important question: “Is this helping me become the person God is calling me to become?” Fasting is one practical way we train this muscle. When we fast, we intentionally deny one appetite to strengthen our attention toward God. Food is the traditional biblical expression, but we may also need to fast from distractions, media, unnecessary noise, or habits that dominate our attention. The goal is not deprivation for its own sake. It is freedom. Anything you cannot willingly lay down may have gained too much control over you.

Hosting His Presence requires margin. If every space in our lives is occupied, we may struggle to notice the Holy Spirit’s gentle prompting. Sometimes spiritual growth does not require adding something new. Sometimes it requires removing something that has become too loud.

Today, identify one distraction honestly. Then practise the holy discipline of saying: “No—not because this is necessarily evil, but because I want something better. I want room for God.”

Fasting Focus: Today, let your fast remind you that following God sometimes requires saying “no.” As you deny yourself physically, ask God to show you where you need greater self-control spiritually. Say no to distractions, unhealthy desires, wrong attitudes, and anything that weakens your devotion to Him. Let every “no” become a stronger “yes” to God and to the life He is calling you to live.

Action for Today: Fast from one distraction that regularly drains your spiritual focus.

Prayer: “Father, teach me to say no to anything that pulls me away from You. Give me the strength to live with self-control and to make choices that honour You. Help me to recognise the distractions, habits, and desires that weaken my spiritual walk. By Your grace, teach me to say yes to what is godly, healthy, and pleasing to You. Let my life reflect a wholehearted devotion to You. Amen.”

Today we pray for:

- Small Groups for this term: leaders, sign-ups, real life change, healthy relationships, spiritual growth.
- Baptism Sunday, 25 October: “Father, thank You for every person taking this step of faith and obedience. Let this be more than a moment in the water—let it mark a new season of surrender, freedom, and boldness in following Jesus. May every person experience Your presence in a powerful way. Strengthen their faith, confirm their identity in Christ, and give them courage to live unashamed for You. Let families be impacted, lives be changed, and let this Baptism Service become a celebration of new life, fresh beginnings, and Your amazing grace. Amen.”
- Our Church’s bigger Vision - A bigger Cape Town Campus; Campus launches, Building projects, Ground and Buildings, Finances, Raising up new leaders, Outreach, Missions; Zambia Project; Elim Night Shelter; Emit: reaching Africa for Jesus; ARC: new church launches.

Reflective Question:

1. What freedom did you experience by deliberately saying no?

2. What distraction do I need to reduce?

Thursday, 8 October—Discipline Is Daily, Not Occasional

Luke 9:23 (NIV) *“Then he said to them all: ‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.’”*

Focus Thought:

One word in Jesus' statement is easy to overlook: daily. Jesus did not describe discipleship as one dramatic decision followed by effortless spirituality. Following Him requires an ongoing pattern of surrender. We choose Him again today. Then tomorrow. Then again the next day. This is where spiritual discipline becomes so important. Significant spiritual growth usually comes through consistency rather than occasional intensity. One powerful prayer meeting can change something within us, but we still need to pray tomorrow. One great sermon can inspire us, but we still need to open God's Word during the week. One season of fasting can strengthen us, but daily surrender must continue afterwards.

We sometimes overestimate what can change in one day and underestimate what God can develop through years of faithfulness. Think about physical training. One intense workout does not produce lasting strength. Repeated training does. The same principle applies spiritually.

Hosting His Presence becomes a lifestyle when we develop rhythms that repeatedly turn our hearts toward Him. This also means we continue when we do not feel inspired. Feelings matter, but they were never designed to lead our entire spiritual lives. Some days prayer feels powerful; other days it feels quiet. Some worship moments will be deeply emotional; others will simply be faithful. Both matter. The discipline of showing up says to God: “You are worthy whether I feel something dramatic or not.” Do not confuse consistency with legalism. Legalism tries to earn God's approval. Discipline responds to God's love by intentionally making room for Him. Your daily choices are shaping your future spiritual strength. Keep showing up. Keep opening the Word. Keep praying. Keep worshipping. Keep following.

Spiritual maturity is often simply faithfulness repeated until it becomes a way of life.

Fasting Focus: Today, let your fast remind you that following Jesus is a daily decision. Do not focus only on what God is doing in this fasting season; ask Him to build habits that will continue long after the fast is over. Choose again today to pray, read His Word, obey His voice, and surrender your plans to Him. Spiritual strength is built through consistent daily choices.

Action for Today: Keep your spiritual rhythm today even if you do not feel particularly inspired.

Prayer: “Father, help me to follow You daily. Teach me to choose You again and again, not only in special moments or spiritual seasons. Build consistency in my prayer life, my time in Your Word, and my obedience to You. Give me the discipline to surrender myself every day and to keep walking with You even when I do not feel motivated. Let my daily choices shape me into the person You are calling me to become. Amen.”

Today we pray for:

- For people to sign-up to lead a Small Group and that many people will find freedom in Christ.
- Sunday services - "Father, prepare every heart that will walk through our doors this Sunday. Let Your presence fill every service and let people encounter Jesus in a real and powerful way. Anoint the worship, the Word, every leader, and every volunteer. Bring salvation, healing, freedom, encouragement, and fresh faith. May every person feel seen, loved, and welcomed. Use our Sunday services to change lives, strengthen families, build Your Church, and bring glory to Your name. Amen."
- Growth Track: Growth in membership and that people will discover their purpose.
- South Africa will be saved. Cancel Satan's agenda over SA. Revival and salvation for SA. Bind the spirit of hate & anger & intolerance. We pray for godly Spirit-filled leaders. We call the LIGHT & FIRE of God over SA.

Reflective Question:

1. What did perseverance produce in your heart today?

2. Where do I need greater consistency?

Friday, 9 October—Discipline Trains You to Hear God

Joshua 1:8 (NIV) *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.”*

Focus Thought: Meditation is one discipline that helps God's Word move from our minds into our hearts. Biblical meditation is not emptying the mind. It is deliberately filling the mind with God's truth and returning to it repeatedly. God told Joshua to meditate on His Word “day and night.” Joshua was about to lead a nation into a new season. He needed courage, wisdom, discernment, and obedience. God's instruction was not merely, *“Work harder.”*

It was: Keep My Word continually before you. Why? Because whatever occupies our minds eventually influences our decisions. If we repeatedly meditate on fear, fear grows. If we rehearse offences, bitterness deepens. If we constantly imagine failure, discouragement strengthens. But when we intentionally meditate on God's truth, His Word begins challenging those internal patterns. Hosting His Presence includes learning to create quiet enough within us to notice His voice. God certainly can speak dramatically, but often the Holy Spirit brings a Scripture back to mind, highlights a truth we have been reading, or applies God's Word to a specific situation. Meditation creates familiarity.

Take one verse today and carry it with you. Read it slowly. Repeat it. Think about individual words. Ask, “What does this reveal about God? What does it reveal about me? Is there something to believe, obey, surrender, or change?” Then turn the verse into prayer. Throughout the day, return to it. You may be surprised how different situations begin connecting with the truth you are carrying. The goal is not simply memorisation, although memorising Scripture is valuable. The goal is internalisation.

We want God's Word to become so deeply planted within us that it increasingly shapes our instinctive responses. Meditation trains the heart to recognise truth before noise gets the final word.

Fasting Focus: Today, let your fast quiet the noise around you so you can become more attentive to God's voice. Spend time meditating on His Word, not rushing through it, but reading slowly, thinking deeply, and allowing His truth to settle in your heart. Ask God to train you to recognise His direction more clearly and to respond with obedience.

Action for Today: Choose one Scripture and meditate on it repeatedly throughout your day.

Prayer: “Father, train my heart to hear Your voice clearly. Help me to slow down, meditate on Your Word, and become sensitive to Your leading. Remove the distractions that make it difficult for me to listen. Give me wisdom, discernment, and courage to obey what You show me. Let Your truth shape my thoughts, guide my decisions, and lead me in the way You want me to go. Amen.”

Today we pray for:

- Dream Team: Growth, expansion, leadership development, new labourers (Luke 10:2).
- CG Kids and CG Youth - volunteers, raising up leaders, life change.
- Team Night, 11 October: "Father, thank You for every person who serves at Christ Gen. As we gather for Team Night, refresh our hearts, renew our passion, and give us fresh vision. Equip every volunteer and leader with faith, wisdom, strength, and unity. Help us to serve with excellence, joy, and purpose, and use us to build Your Church and reach more people."
- Peace and Salvation for our city, Cape Town. Pray over your neighbourhood and street. Healing + miracles from heaven to flow like a river in Cape Town.

Reflective Question:

1. How did that Scripture influence your thoughts or decisions today?

2. What Scripture do I need to carry today?

Saturday, 10 October — Discipline Sharpens Your Spiritual Edge

1 Corinthians 9:24–27 (NIV) Paul compares the Christian life to athletes who enter strict training in order to run purposefully and exercise self-control, rather than living without direction.

Focus Thought: Paul deliberately uses the picture of an athlete. Athletes do not train only when they feel motivated. They structure their lives around the goal they are pursuing. Their sleep, nutrition, practice, schedules, and habits are shaped by what they are preparing to accomplish. Paul says we can learn something spiritually from that mindset.

Purpose requires discipline. Spiritual discipline isn't about being harsh with ourselves. It is about refusing to live carelessly when God has entrusted us with a calling. Paul speaks about running with purpose. That raises an important question: What are you training for spiritually?

Perhaps God wants to use you to disciple others. Then you need to know His Word. Perhaps He has called you into leadership. Then your character must be strong enough to carry influence. Perhaps you are raising children. Your private spiritual habits will help determine what they see modelled before them. Calling without discipline can eventually become wasted potential.

Hosting His Presence develops both intimacy and readiness. Prayer trains us to depend on God. Scripture trains our minds. Fasting strengthens self-control. Worship trains our attention. Serving trains humility. Giving trains generosity. Forgiveness trains our hearts away from bitterness. These disciplines sharpen us. We should never become obsessed with discipline itself. An athlete does not train merely because training is impressive. Training prepares them for the race. Likewise, our goal is not to boast, "Look how disciplined I am."

Our goal is to become increasingly available and useful to God. Today, treat your spiritual life seriously. Not anxiously. Not legalistically. Purposefully. God wants to accomplish Kingdom work through your life. You are called to influence people. Future pressures may be coming, and today's discipline may be preparing you. Train now. Because when the moment comes, you want spiritual strength already developed.

Action for Today: Make today a training day. Practise intentional obedience in one area where you normally struggle.

Reflective Question:

1. What area of obedience became stronger through intentional practice today?

2. What am I spiritually training for?

Prayer: “Father, train me to live with spiritual focus and purpose. Help me to develop habits that make me stronger in my walk with You. Give me self-control, endurance, and discipline when I feel tired or distracted. Remove anything that weakens my spiritual edge, and help me to run the race You have given me with faithfulness and determination. Keep my eyes fixed on You and on the purpose You have placed before me. Amen.”

Sunday, 11 — Discipline Keeps the Fire Burning

2 Timothy 1:6–7 (NIV) Paul reminds Timothy to fan into flame what God has placed within him, because God's Spirit produces power, love, and self-discipline rather than fear.

Focus Thought: Spiritual fire and spiritual discipline are closely connected. We sometimes imagine fire and discipline as opposites. Fire sounds spontaneous and passionate. Discipline sounds structured and controlled. But healthy spiritual passion needs both. Fire without discipline may burn brightly for a moment and disappear. Discipline without passion can become empty routine.

God desires passion that is protected by faithful habits.

Paul tells Timothy to fan into flame what God placed within him, and then reminds him that the Spirit gives power, love, and self-discipline. Timothy had responsibility. He had calling. But he also needed to tend what God had entrusted to him. The same is true for us. Hosting His Presence requires more than occasional encounters. We need habits that keep bringing us back to Jesus. Prayer keeps dependence alive. Scripture keeps truth alive. Worship keeps wonder alive. Fasting keeps hunger alive. Fellowship keeps encouragement alive. Obedience keeps responsiveness alive.

These disciplines do not produce God. They position **us** to remain attentive to the God who is already present. This week we have learned that discipline builds strength, Scripture protects our walk, training requires saying no, maturity grows through daily consistency, meditation develops sensitivity, and intentional training sharpens our spiritual effectiveness. Now the question becomes: What will continue after this week ends?

Do not try to change twenty things at once. Choose a few sustainable rhythms. Perhaps thirty minutes with God each morning. A weekly fast. Scripture meditation during your commute. A regular prayer meeting. Turning off your phone during devotional time. Build something sustainable. Spiritual fire is rarely lost overnight. It often fades gradually when we stop tending it. Likewise, strength is normally rebuilt one faithful choice at a time. Do not merely pray for fire. Build a life that can carry it faithfully.

Action for Today: Choose two or three spiritual habits you will intentionally continue long-term.

Reflective Question:

1. How has discipline strengthened or reignited your spiritual fire this week?

2. Which holy habits will I continue?

Prayer: “Father, fan into flame what You have placed within me. Renew my passion for You and help me to protect that fire through faithful spiritual habits. Give me power, love, and self-discipline so that I do not become spiritually dull or distracted. Teach me to stay consistent in prayer, in Your Word, and in obedience. Let my passion for You grow deeper and remain strong through every season. Amen.”