

He Is...

2025 Prayer and Fasting Journal



Read and meditate on the daily scripture

reference up to three times a day. Take time to **write your thoughts** or what the Lord may be revealing to you during this time.



Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:43-47

January 6, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Cor 9:24-27

January 7, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Cor 1:3-4

January 8, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Ps 19:14

January 9, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Ps 23:4

January 10, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
2 Cor 12:9-10

January 11, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

And let us consider how we may spur one another on toward love and good deeds, 25 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.

Heb 10:24-25

January 12, 2025
Banner Night

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Phil 4:11-13

January 13, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust. Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you say, "The Lord is my refuge," and you make the Most High your dwelling,

Ps 91:2-9 January 14, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Rom 8:38-39

January 15, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
2 Tim 1:7

January 16, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

You will keep in perfect peace those whose minds are steadfast, because they trust in you.
Is 26:3

January 17, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Gal 5:1

January 18, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Gal 5:13

January 19, 2025
Banner Night

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together.

Ps 34:1-3

January 20, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
Ps 51:10-12

January 21, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. 17 He is before all things, and in him all things hold together.

Col 1:16-17

January 22, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Rom 15:13

January 23, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

Col 3:2-4

January 24, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Rom 8:28

January 25, 2025

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...

Worship the Lord in the splendor of his holiness; tremble before him, all the earth.
Ps 96:9

January 26, 2025
Banner Night

Morning Meditation

Afternoon Meditation

Evening Meditation

He is ...