



BREATHE

Making Room for What's Already Moving

A SIX-DAY FAST · THE GATHERING PLACE

*"And with that he breathed on them and said,
'Receive the Holy Spirit.'"*

JOHN 20:22

WELCOME

THE INVITATION

Somewhere between then and now, life happened.

Some of it was good. Some of it was hard. Some of it was both at the same time, which is honestly the most disorienting kind. And if you're honest, you've been moving so fast, adjusting so much, and carrying so much that you haven't stopped to ask a simple question:

Am I actually breathing?

Not surviving. Not managing. Not pushing through.

Breathing.

In John 20:22, after the resurrection, after everything, Jesus walked into the room where his disciples were hiding and did something unexpected. He didn't give them a strategy. He didn't hand them a roadmap. He breathed on them.

He said: Receive.

Before they could carry anything new, they had to receive something. And before they could receive it, they had to be in a posture that made room for it.

That's what this fast is.

Six days. Six movements of one continuous breath. Six intentional moments to stop performing, stop pushing, and start positioning.

You don't need to add more to your life right now. You need to make room for what God is already moving in you.

Whatever you've chosen to fast, food, social media, noise, comfort, the point isn't the sacrifice alone. The point is that sacrifice creates space. And space is where God breathes.

So for the next six days, we breathe together.

LET'S GO.

HOW THIS FAST WORKS

Choose your start. This fast isn't tied to a date on a calendar.

Whenever you sense it's time to make room, pick six consecutive days and commit to them.

Choose your fast. A full fast or a Daniel fast. Whichever you choose, that is your commitment for all six days. Consistency is the discipline.

Let it cost you something. This fast should be a genuine sacrifice, a real denying of self. If it doesn't stretch you, it won't shape you.

Pray forward. Each day, you're not just praying about today. You are positioning the season ahead of you, the months God already sees. Pray over what's next.

Show up daily. Each day carries a scripture, a reflection, a journal prompt, a declaration, and a fasting prompt. Don't rush it. Let it breathe.

THE JOURNEY

ONE CONTINUOUS BREATH

You can't breathe in until you breathe out. So we start with surrender and end with activation. Each day builds on the last. Every day is a surrender, and each surrender creates something. By Day 6 you won't be depleted. You'll be free.

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|----|----------------|-----------------------------------|
| 01 | EXHALE | <i>Surrender the weight</i> |
| 02 | RELEASE | <i>Surrender the story</i> |
| 03 | LISTEN | <i>Surrender the noise</i> |
| 04 | RECEIVE | <i>Surrender self-sufficiency</i> |
| 05 | DECLARE | <i>Surrender defeat</i> |
| 06 | MOVE | <i>Surrender the wait</i> |



01

DAY ONE • OF SIX

EXHALE

Let go of what you've been holding.

"Cast all your anxiety on him because he cares for you."

1 PETER 5:7



SURRENDER THE WEIGHT

REFLECTION

You can't take a deep breath if your lungs are still full.

Most of us enter seasons of prayer and fasting trying to immediately receive something. More clarity. More direction. More peace. But the first movement of breath isn't inhale. It's exhale.

Before the disciples could receive the breath of Jesus in John 20:22, the room they were in tells us everything. They were behind locked doors. Afraid. Holding the weight of grief, confusion, and failure. They were full of the wrong things.

Jesus didn't rebuke them for it. He showed up in the middle of it.

But here's what's true: you cannot receive what you will not release. The anxiety you've normalized, the disappointment you've swallowed, the transition you're still grieving quietly, the version of your life you're still mourning even while you smile through it, that's what today is about.

Day 1 is not about getting something. It's about letting something go.

EXHALE.

JOURNAL PROMPT

What have you been carrying into this season that you haven't given yourself permission to put down? Name it. Be specific. Don't spiritualize it. What is it really?

DECLARATION

I release what I cannot control. I surrender what I cannot fix. I exhale the weight of this season and I make room for the movement of God. I am not behind. I am not broken. I am being positioned. Today I let go.

FASTING PROMPT

When you feel the physical hunger or the pull toward what you're fasting from today, pause. Don't just push through it. Use that moment as a reminder. Say out loud: *"I'm making room."* Let the discomfort be the practice of release.

DAY TWO · OF SIX

RELEASE

Give up the story that's been holding you back.

"Forget the former things; do not dwell on the past. See, I am doing a new thing. Now it springs up; do you not perceive it?"

ISAIAH 43:18-19

REFLECTION

Yesterday you named what you've been carrying. Today we go one layer deeper.

Because sometimes it's not just anxiety or grief we're holding. Sometimes it's a story. A narrative we've built around who we are, what we deserve, how far we can go, and whether God is actually moving on our behalf.

"This is just how my life goes."

"Every time I get close, something falls apart."

"I've been waiting so long I don't know if I still believe it's coming."

God told Israel, through Isaiah, to forget the former things. Not because their past wasn't real. It was. The pain was real. The wilderness was real. The waiting was real. But He was doing something new, and the old story was blocking their ability to perceive it.

The word "perceive" in that text is not passive. It implies active attention. God was saying: there is something new already happening, but your eyes are pointed at the wrong thing.

What story have you been telling yourself about the season in front of you? About your life? About what God is or isn't doing? Because that story is either positioning you or it's imprisoning you.

Today, you release the narrative that doesn't belong to God.

JOURNAL PROMPT

What is the story you've been telling yourself about your life, your calling, or your faith that you know God has not authored? Where did that story come from? What would change if you stopped believing it?

DECLARATION

I am not defined by what didn't happen. I am not limited by what I couldn't see. God is doing a new thing and I choose to perceive it. I release every false narrative about who I am and what's possible for my life. The old story is over. I am ready for what's next.

FASTING PROMPT

Today when you feel the urge to reach for what you're fasting from, notice the story underneath the craving. Sometimes we reach for comfort because we're replaying a narrative that makes us feel powerless. Name the story. Release it. Then redirect.

DAY THREE • OF SIX

LISTEN

Get quiet enough to hear what God is already saying.

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”

ISAIAH 30:21

REFLECTION

We are the loudest generation in human history.

We have a notification for everything. A podcast for every commute. A playlist for every mood. Content for every quiet moment that dares to show up. And most of us have unconsciously trained ourselves to be uncomfortable with silence because in the silence, we have to feel things we've been avoiding.

But God's voice isn't competing with your noise. He's waiting for you to turn it down.

Isaiah 30:21 paints this picture of a voice that is already speaking, already giving direction, already saying “this is the way.” The issue isn't that God stopped talking. The issue is that we've surrounded ourselves with so much sound that we've lost the ability to hear.

This is the halfway point of the fast. You've exhaled. You've released the story. Now it's time to be still long enough to hear what God has been trying to say.

The transitions you're navigating, the decisions still pending, the next steps that feel foggy. God has something to say about all of it. But you have to get quiet enough to receive it.

Today is not a day for more information. It's a day for attention.

JOURNAL PROMPT

When was the last time you sat in complete silence before God, not asking for anything, not listing your needs, just listening? What does it feel like to be still? What comes up when the noise goes away? Write what you hear, or what you feel, or what surfaces.

DECLARATION

I quiet every voice that is not God's. I turn down the noise of my fears, my plans, my timelines, and my doubts. I position myself to hear. God is speaking and I have ears to hear it. I will not miss my moment because I was too loud to listen. Today I am still. Today I listen.

FASTING PROMPT

Carve out at least 10 minutes today, no phone, no music, no background noise. Sit with God. If thoughts race, write them down and return to stillness. Let the fast from food or media extend into a fast from noise. This is where the fast goes from discipline to encounter.

DAY FOUR • OF SIX

RECEIVE

Open your hands for what God has been holding.

“And with that he breathed on them and said, ‘Receive the Holy Spirit.’”

JOHN 20:22

REFLECTION

We're back to the anchor text. But now you're ready for it in a way you weren't on Day 1.

You've exhaled the weight. You've released the false story. You've gotten quiet enough to hear. Now comes the moment the entire fast has been building toward.

RECEIVE.

It seems simple. But for many people, receiving is the hardest spiritual practice there is. We know how to strive. We know how to pray hard, push through, work for it. But to open our hands and simply receive? That requires a kind of trust that doesn't come naturally, especially for people who've been disappointed, overlooked, or told they had to earn everything they got.

Look at the disciples in that room. They didn't earn this moment. They had just failed spectacularly. Peter denied Jesus. They all scattered. They were hiding behind a locked door. And Jesus walked in and breathed on them anyway.

Receiving is not about your readiness. It's about His faithfulness.

Whatever you've been waiting for, the clarity, the healing, the provision, the confirmation, the peace that surpasses your ability to manufacture it, today you open your hands. Not because you've finally done enough. But because He is already moving and He's offering it to you now.

Stop striving. Receive.

JOURNAL PROMPT

Is there something God has been trying to give you that you keep deflecting, qualifying, or feeling unworthy of? What would it mean to simply receive it today? What's the real reason you've had your hands closed?

DECLARATION

I open my hands. I open my heart. I receive the breath of God over my life, my calling, my family, and my future. I am not disqualified by my past. I am not too late for my promise. I receive healing. I receive direction. I receive the fullness of life that Jesus died to give me. Today I receive.

FASTING PROMPT

Today practice receiving in a tangible way. When someone offers you kindness, help, or encouragement, don't deflect it. Receive it. Let today's fast from physical comfort be matched by a fast from self-sufficiency. Let God provide what you would normally provide for yourself.

DAY FIVE · OF SIX

DECLARE

Say out loud what you now believe.

“Death and life are in the power of the tongue, and those who love it will eat its fruit.”

PROVERBS 18:21

REFLECTION

Something has been shifting in you over these last four days. You may not be able to fully articulate it yet. But something is different.

The exhale made room. The release cleared the path. The listening gave you something to hold. The receiving opened your hands. Now it's time to open your mouth.

In Scripture, declaration is not hype. It is not positive thinking with a Bible verse attached. Declaration is the act of aligning your words with what God has already spoken. It is choosing, in real time, to say what heaven says about you rather than what fear has been whispering.

The power of the tongue in Proverbs 18:21 isn't about magic. It's about agreement. When you speak life over your situation, you are agreeing with God's agenda for your story. When you speak death, doubt, or defeat, you are agreeing with the enemy's version.

You've been quiet. You've been listening. Now it's time to respond to what you heard.

What did God say to you in the silence? What did He place in your spirit during this fast? What is the declaration your life needs to hear from your own mouth, in your own voice, in your own room?

SAY IT.

JOURNAL PROMPT

Write out 3 to 5 declarations over your life, your family, your calling, or your next season. Make them specific, not generic. Not “I am blessed” but what does that blessing actually look like in your real life? Write them as if they are already true, because in God's economy, they are.

DECLARATION

My words carry weight. I choose life. I declare that what God has spoken over me will not return void. I declare that this season of transition is not a dead end, it is a divine redirect. I declare that I am full of the life of God. I declare that the season ahead belongs to purpose, to breakthrough, and to the faithfulness of a God who finishes what He starts. I speak life. And I will eat its fruit.

FASTING PROMPT

Today fast from negative self-talk. Every time a defeating thought forms into a word, catch it. Replace it with a declaration. Make the discipline of the tongue the practice of the day. What you fast from physically is matched today by what you refuse to speak.

DAY SIX · OF SIX

MOVE

You're not waiting anymore. Walk.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

JOHN 10:10



SURRENDER THE WAIT

REFLECTION

You made it to Day 6.

And here's what I want you to understand: you are not the same person who started this fast. Something has moved. Something has shifted. The person who walks out of this fast is not the same person who walked in carrying everything that weighed you down.

You exhaled what you couldn't control. You released the story that was never yours. You got quiet enough to hear the voice of God. You opened your hands and received what He was already offering. You declared with your own mouth what heaven says is true about you.

Now it's time to move.

John 10:10 is not a passive verse. The thief is active, coming to steal, kill, and destroy. And Jesus is equally active, coming so that you may have life and have it to the full. Both are in motion. The question is which one you're going to agree with by the direction you walk.

ZOE.

The Greek word in John 10:10 for “life” is Zoe. It doesn't mean existence. It doesn't mean survival. It means the life of God himself, vibrant, abundant, overflowing, divine vitality living inside a human body.

That's what you were made for. Not to endure the season ahead. To live it. Fully. Boldly. In the direction God has been pointing you toward all week.

The fast ends. The movement begins.

Get up. Step forward. Walk in what you've received.

JOURNAL PROMPT

What is the one step you've been avoiding that you now know you need to take? What has God been saying to you this week that requires a corresponding action on your part? Write it down. Give it a date. Make it real.

DECLARATION

I am not waiting for permission to live. I am not holding back until everything is perfect. I move with God. I move in faith. I move in the direction of everything He has spoken over me this week. The thief has no power over what God has breathed into. I am alive. I am Zoe. And I am moving forward. The season ahead belongs to me and my God. Let's go.

FASTING PROMPT

As you close this fast, break it intentionally. Whether it's your first meal or your first scroll, do it with gratitude and awareness. You didn't just give something up. You made room for something. As you receive your first bite or your first breath of normal life back, say thank you. And then move like you mean it.



THE FAST ENDS. THE MOVEMENT BEGINS.

You are alive. You are Zoe.