

MAKE ROOM

21 DAYS OF PRAYER + FASTING

AUGUST 3 - 23, 2026





LETTER FROM PASTOR DANIEL

Chapelhill family,

For the next 21 days, our church family is going to do something together that we cannot do for each other. We're each going to make room.

Room in our schedules. Room in our hearts. Room in our homes for the presence of God to fill what we sometimes try to fill with other things.

There's no better way to recalibrate your life than through prayer and fasting. It's how Jesus prepared for ministry. It's how the early church discerned God's voice. It's how every generation of believers who refused to drift kept their fire alive. And it's what I'm asking us to do — together — for these 21 days.

Whether you've fasted before or this is your first time, you can start where you are. God is not grading your form. He's responding to your hunger. Don't overcomplicate this. Don't perform. Just show up.

Each day in this devotional you'll find a Scripture, a short reflection, and a guided prayer. Read it slowly. Pray honestly. And give God room to speak.

As you prepare, ask yourself why you're fasting. Is it for breakthrough in your family? Direction for a decision? Freedom from a habit? Renewal of a soul that's gone dry? Maybe it's all of the above. Whatever it is, write it down on the next page and bring it before God day after day.

When you pray, don't lead with your list of prayer needs. Lead with worship. Focus first on who He is — His goodness, His faithfulness, His nearness — and let everything else come into focus from there.

Heather and I are praying for you. We're believing for breakthrough in our church family, in our cities, and in your life personally over these next 21 days. Make room. He's worth it.

Pastor Daniel

Senior Pastor, Chapelhill Church

WHAT IS FASTING?

Jesus implied that all of His followers would fast. He didn't say if you fast — He said when (Matthew 6:16-18). For Him, it was a matter of timing, not optional behavior.

Fasting is not a hunger strike against God. We don't fast to earn His attention or twist His arm. He already loves us. He's already paying attention.

So why fast?

Fasting is the way we say with our bodies what our hearts already know — that we need God more than we need anything else. More than food. More than entertainment. More than comfort. When we push back from the table, turn off the screens, or skip a meal, we're making room for something only God can fill.

Fasting doesn't change God. It changes us. It strips away what's been numbing us so we can finally feel what's been missing. It turns down the noise of life so we can hear the still, small voice of God. It positions us to receive what God already wants to give.

Isaiah 58:6 (NKJV)

"Is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?"

We fast not to get God's attention, but to get our own attention back on Him.



PREPARING SPIRITUALLY

Before you begin, take time to prepare your heart:

- Confess your sins to God (1 John 1:9).
- Forgive anyone who has hurt you, and seek forgiveness from anyone you've hurt (Mark 11:25; Luke 17:3-4).
- Ask the Holy Spirit to fill you in a fresh way (Ephesians 5:18).
- Ask Him to reveal areas of weakness or compromise that have taken up room He wants to fill.
- Surrender your life fully to Jesus as Lord. Refuse to be ruled by your flesh (Romans 12:1-2).
- Meditate on who God is — His love, His power, His faithfulness, His grace (Psalm 103).
- Begin with an expectant heart. He rewards those who diligently seek Him (Hebrews 11:6).



DECIDING WHAT TO FAST

Before you start, decide what kind of fast God is leading you to do. There are four common types — pick the one that fits where you are spiritually and physically. The goal is not how much you give up. The goal is how much room you make for God.

1. COMPLETE FAST

Liquids only — typically water, with light juice as an option. This is the most intense fast and should not be done lightly. Please consult a physician before doing a complete fast, especially if you have any health concerns or take regular medication.

2. SELECTIVE FAST

Remove certain foods from your diet. The most common example is the Daniel Fast — no meat, no sweets, no bread. You eat fruits, vegetables, nuts, and whole grains. You drink water and juice. This fast was modeled by the prophet Daniel in Daniel 1 and Daniel 10, and it's a strong option for first-time fasters.

3. PARTIAL FAST

Skip food during a set window of the day — sunup to sundown, or one meal a day, or a daily eating window (sometimes called intermittent fasting). This was a common pattern for the Hebrew people. It's a manageable on-ramp if a complete or selective fast feels out of reach.

4. SOUL FAST

Fast something other than food. This is a powerful option if health issues prevent you from food fasting, if you're new to fasting, or if there's a specific area of distraction in your life. Common soul fasts include:

- Social media
- News
- Television and streaming
- Video games
- Online shopping

A soul fast is not a lesser fast. Anything that's been louder than God's voice deserves 21 days of silence so you can hear Him again.

BEFORE YOU BEGIN, ASK YOURSELF:

- What kind of fast is God calling me to?
- How long will I fast — the full 21 days, certain days, or one meal a day?
- What activities or distractions will I also restrict?
- How much time each day will I spend in prayer and the Word?

Decide ahead of time. The decision you make now is what will sustain you when hunger, busyness, or temptation try to break your focus.

Don't let what you eat or don't eat become the focus. The focus is God. The fast is just the doorway.



HOW TO USE THIS DEVOTIONAL

- Find a consistent time and place each day. Morning is ideal, but the best time is the time you'll actually do this consistently.
- Read the Scripture slowly. Read it twice if you need to.
- Read the reflection — it should take about 4-5 minutes.
- Pray the written prayer, then pray your own.
- Take the question of the day with you into your day.
- Miss a day? Don't quit. Pick up where you are and keep going.

These 21 days are not about perfection. They're about presence — yours and His.

DAY 1

MAKE ROOM FOR THE INVITATION

Matthew 6:6 (NKJV)

“But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

REFLECTION

Jesus didn't say if you pray. He said when. He assumed prayer would be part of the rhythm of His followers' lives — not as performance, not as proof of how spiritual we are, but as the place where we meet our Father.

The phrase Jesus uses — the secret place — is striking. Not the platform. Not the public space. The secret place. A place where nothing is being performed because nobody is watching. A place where the only audience is God Himself.

That's what these 21 days are about.

This isn't a program. It's an invitation. The God of the universe is inviting you to come close — not because you've earned it, not because you've cleaned yourself up first, but because He wants you.

Some of us come into these 21 days tired. Some of us come dry. Some of us come carrying things we haven't told anyone about. Some of us come with more questions than answers. Bring all of it. The secret place isn't where we go after we've gotten our act together. It's where we go to let God put us back together.

So today, before you ask Him for anything, just come. Make room. Shut a door. Get quiet. Tell Him you're here. Tell Him you're hungry. Tell Him you want more.

That's how every great move of God begins. Someone makes room for Him.

PRAYER

Father, today I'm answering Your invitation. I'm not coming to perform. I'm not coming with a list. I'm coming because I want You. For the next 21 days, I'm making room. Meet me in the secret place. Renew me from the inside out. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What door do I need to shut today so I can hear God clearly?

DAY 2

MAKE ROOM TO RETURN

Joel 2:12-13 (NKJV)

“Now, therefore,’ says the Lord, ‘turn to Me with all your heart, with fasting, with weeping, and with mourning.’ So rend your heart, and not your garments; return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness.”

REFLECTION

Let’s talk about fasting, because for some of us this is new — and for others, we’ve done it before but we’ve never really understood it.

Fasting is not a hunger strike against God. We don’t fast to twist His arm. We don’t fast to earn His attention. He already loves us. He’s already paying attention.

So why fast?

Joel gives us the answer: return to the Lord. Fasting is one of the ways we say with our bodies what our hearts already know — that we need Him more than we need anything else. More than food. More than entertainment. More than comfort.

When you push back from the table, you’re making room. When you turn off the screen, you’re making room. When you skip a meal, you’re making room — for God to fill a space that food has been filling.

Fasting is not punishment. It's clarity. It strips away what's been numbing you so you can finally feel what's been missing.

Here's the promise underneath it: He is gracious and merciful. God doesn't meet your fasting with a frown; He meets it with open arms. The father in Luke 15 didn't wait for the prodigal to finish his speech. He ran.

So whatever you're fasting from these 21 days — a meal, a habit, a screen, an indulgence — don't focus on what you're giving up. Focus on who you're making room for.

PRAYER

Father, I rend my heart today, not just my schedule. Show me what's been numbing me. Show me what's been louder than Your voice. I return to You with all my heart. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What am I fasting from — and more importantly, who am I fasting toward?

DAY 3

MAKE ROOM FOR HUNGER

Psalm 63:1 (NKJV)

“O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.”

REFLECTION

David wrote this Psalm in the wilderness. Not in the palace. Not on the throne. In a dry, thirsty land where there was no water.

And in that wilderness, David didn't say, “God, get me out of here.” He said, “God, I want You.”

That's the difference between a hungry heart and a hurting heart. A hurting heart asks God to change the circumstance. A hungry heart asks God for Himself — circumstance or no circumstance.

Most of us have prayed both prayers. We pray the get me out prayer all the time. But the I want You prayer is rarer. And it's the one God responds to differently.

Hunger is the qualification for the secret place. Not perfection. Not performance. Hunger.

Jesus said, “Blessed are those who hunger and thirst for righteousness, for they shall be filled.” He didn't say blessed are those who have it figured out. He said blessed are those who are still hungry for it.

So here's the question for today: are you hungry?

Not — are you busy? We're all busy. Not — are you trying? Most of us are trying. The question is, are you hungry for God Himself? Hungry enough to get up early? Hungry enough to skip a meal? Hungry enough to turn off the noise?

Hunger is what makes room. Comfort takes up space. Hunger creates it.

PRAYER

Father, give me a hungry heart — not just for what You can do, but for who You are. Make me thirsty for You in this dry land. Early, I will seek You. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Am I hungry for what God can do, or hungry for God Himself?

DAY 4

MAKE ROOM FOR STILLNESS

Psalm 46:10 (NKJV)

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

REFLECTION

There is a reason most of us don't hear God clearly. It's not that He's quiet. It's that we're loud.

Phones in the morning. Podcasts in the car. News at lunch. Scrolling at night. We've engineered a life with no margin for stillness, and then we wonder why God seems distant.

He's not distant. We just haven't made room.

Be still. Two words. They're harder than they sound. Stillness is not laziness. Stillness is a discipline. It's the choice to stop performing, stop producing, stop scrolling — and just be in His presence.

Notice what the verse says next: and know that I am God. The knowing comes after the stillness. We don't get to know God in a hurry. We don't get to know Him during the commercial break. We get to know Him when we stop long enough for Him to speak.

Here's a hard truth: some of us are afraid of stillness because stillness brings up things we've been outrunning. Grief we haven't grieved. Sins we haven't named. Wounds we haven't surrendered. The noise is medicating us. And until we let the noise go, we won't let God in.

These 21 days, make room for stillness. Five minutes. Ten minutes. No phone. No music. No agenda. Just you and Him.

You may find that He's been speaking the whole time.

PRAYER

Father, I'm turning down the noise. I'm putting the phone down. I'm getting still. I'm making room. Speak to me. I'm listening. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What noise am I using to drown out what God wants to say?

DAY 5

MAKE ROOM FOR REPENTANCE

1 John 1:9 (NKJV)

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

REFLECTION

Repentance has a bad reputation. We hear the word and think guilt trip or shame. But repentance is not God's punishment. It's God's gift.

The Greek word for repentance — metanoia — means a change of mind. A turning. It's the moment we stop pretending and start agreeing with God about what's true.

Here's what most of us don't realize: unconfessed sin takes up room in your heart. It dulls your ability to hear God. It puts a film over the secret place. You can still go in. You can still pray. But it feels distant. It feels muffled.

Confession clears the room.

Today, ask the Holy Spirit to bring to the surface anything you've been hiding — not so you can spiral into shame, but so you can come clean and walk free.

You may find it's something obvious. A habit. A word. A relationship that's compromising you.

You may find it's something quieter. Pride. Bitterness. Unforgiveness. A grudge you've been nursing for years.

Whatever He shows you, name it. Out loud. “Father, I confess that I...” Don’t water it down. Don’t manage your image with God. He already sees it. He’s just waiting for you to agree with Him about it.

And here’s the promise: He is faithful and just to forgive. Not maybe. Not if you grovel enough. Faithful. The moment you confess, the cleansing starts.

Repentance isn’t where shame lives. It’s where freedom begins. It’s where room gets made.

PRAYER

*Holy Spirit, search me. Show me what’s been taking up room
You’re meant to fill. I’m not hiding anymore. Forgive me.
Cleanse me. Make me clean before You. In Jesus’ name, Amen.*

QUESTION TO CARRY WITH YOU

*What have I been hiding from God that I need to bring
into the light?*

DAY 6

MAKE ROOM FOR THE FATHER

Luke 15:20 (NKJV)

"And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him."

REFLECTION

The prodigal son had a speech ready. He'd been rehearsing it the whole way home: "Father, I have sinned against heaven and before you, and am no longer worthy to be called your son. Make me like one of your hired servants."

He never finished the speech.

Because before he could get to the part about being a hired servant, his father interrupted him with a hug, a robe, a ring, and a feast.

That's the heart of God toward you today.

You may be coming into this prayer journey with a speech rehearsed. A list of why you don't deserve to be here. A history that disqualifies you. A failure that defines you.

God isn't waiting at the door with His arms crossed. He's running to you.

The picture in Luke 15 is shocking in its original context. Middle Eastern fathers of that day did not run. It was undignified. They walked. They waited. They made you come to them.

But this Father? He ran.

That's how the Father feels about you making room for Him these 21 days. Not annoyed that it took you this long. Not keeping score. Running — with compassion, with joy.

So whatever speech you've been rehearsing, let Him interrupt you. Let Him hug you before you finish your case for unworthiness. Let Him put the robe on. Let Him put the ring on. Let Him throw the feast.

You're not coming home to a disappointed Father. You're coming home to a running Father.

PRAYER

Father, I've been rehearsing a speech about why I don't deserve to be in Your presence. Today I'll let You interrupt me. I receive Your embrace. I receive Your welcome. I'm home. I'm making room. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What speech do I need to stop rehearsing so I can receive the Father's embrace?

DAY 7

MAKE ROOM TO KEEP GOING

Galatians 6:9 (NKJV)

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

REFLECTION

You’ve made it through one week.

For some of you, this has been the easiest week of prayer in a long time. The presence of God has felt close. Hunger has come naturally. The Word has been alive.

For others of you — let’s be honest — this week has been a fight. You’ve missed a day. You’ve felt distracted. You’ve wondered if anything is actually happening.

Both are normal. And both are reasons to keep going.

Here’s what I’ve learned about prayer and fasting over the years: the breakthrough almost never comes in week one. Week one is when your body adjusts. Week one is when your flesh complains. Week one is when the enemy whispers, “This isn’t working. Quit.”

Don’t quit.

In due season we shall reap — if we do not lose heart.

The harvest is on the other side of perseverance. The depth is on the other side of dryness. The breakthrough is on the other side of boredom.

Most people quit one day before the answer comes. Most people stop praying right before God moves. Don't be most people.

These next 14 days are where the soil softens. Where the heart opens. Where the room you've been making starts to fill with His presence in ways week one only hinted at.

Don't measure what's happening by what you feel. Measure it by what God is faithful to do.

You don't have to have a perfect week behind you to have a powerful week ahead of you. Just show up tomorrow. Make room. Get hungry. Stay hungry.

We're just getting started.

PRAYER

Father, I'm not quitting. Whether this week was easy or hard, I'm pressing in. Sustain me. Strengthen me. Keep my heart soft and my hunger sharp. I will keep making room. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What lie has the enemy been whispering this week, and what truth do I need to declare instead?

DAY 8

MAKE ROOM TO HEAR HIS VOICE

John 10:27 (NKJV)

*"My sheep hear My voice, and I know them,
and they follow Me."*

REFLECTION

Jesus didn't say His sheep might hear His voice. He said they do. Hearing God is not a special gift reserved for prophets and pastors. It's the birthright of every believer.

But here's the honest truth: most of us don't hear God clearly because we've never made room to listen.

Prayer is supposed to be a conversation, not a monologue. We do most of the talking, run out of words, say amen, and walk away. And then we wonder why we feel like God is silent.

He isn't silent. We just haven't paused long enough to let Him speak.

Hearing God starts with three things: stillness, Scripture, and surrender.

Stillness, because God's voice is rarely loud (1 Kings 19:12). It's the still, small voice that comes after the wind, after the earthquake, after the fire. If you don't make room for quiet, you'll miss it.

Scripture, because God's voice never contradicts His Word. The more you know what He has already said, the more clearly you'll recognize what He is saying now.

Surrender, because hearing God is not the same as obeying God. He often won't give you the next step until you're willing to take it. If you're only listening for what you want to hear, you'll miss most of what He's saying.

Today, take ten minutes. Open your Bible. Read a passage slowly. Then put the Bible down and ask one simple question: "Father, what are You saying to me right now?"

And then — wait.

The sheep hear His voice. You're a sheep. He's your Shepherd. He's speaking. Make room to listen.

PRAYER

Father, I want to hear Your voice. I'm putting down my agenda. I'm opening my Bible. I'm getting still. Speak, Lord, for Your servant is listening. I receive what You're saying — even if it's not what I expected. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

When was the last time I stopped talking long enough to hear what God wanted to say?

MAKE ROOM FOR SURRENDER

Romans 12:1 (NKJV)

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

REFLECTION

Surrender is the part of the Christian life we keep trying to skip.

We'll worship. We'll serve. We'll show up. We'll tithe. But surrender? That feels like losing. That feels like giving up control. That feels like more than we signed up for.

Here's the problem: there is no Christianity without surrender. There is no secret place without surrender. There is no breakthrough without surrender.

Paul calls it presenting your body as a living sacrifice. The challenge with a living sacrifice is that it can crawl off the altar. We surrender Sunday morning and take it back Sunday night. We hand God the keys at the altar call and grab them back in the parking lot.

Surrender is not a one-time decision. It's a daily one.

Today, ask yourself: what part of my life have I been trying to control instead of trust God with?

Maybe it's a relationship. You've been managing it instead of releasing it.

Maybe it's your finances. You've been worrying instead of trusting.

Maybe it's your kids. You've been carrying their future like it's your job to write.

Maybe it's your career. You've been white-knuckling your way forward instead of letting God open and close doors.

Surrender is not weakness. Surrender is wisdom. It's the recognition that the One who sees the whole road is more qualified to drive than you are.

Make room today by taking your hands off something. Name it. Hand it over. Let God have it.

What you surrender, He sustains. What you cling to, you carry alone.

PRAYER

Father, today I take my hands off. I lay it down. I'm done trying to control what only You can carry. I trust You with the people I love. I trust You with the plans I've made. I trust You with the future I can't see. I am Yours. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What am I still holding onto that God has been asking me to release?

DAY 10

MAKE ROOM FOR YOUR FAMILY

Acts 16:31 (NKJV)

"So they said, 'Believe on the Lord Jesus Christ, and you will be saved, you and your household.'"

REFLECTION

Your faith is not just for you. It's for the people you love.

When the Philippian jailer asked Paul how to be saved, Paul didn't just say, "Believe and you'll be saved." He said, "Believe, and you and your household." Your faith covers more than just your own soul. It rises like a canopy over the family God has placed in your life.

That doesn't mean your kids are saved automatically. It doesn't mean your marriage is fixed automatically. It does mean that when you stand in the gap for your family in prayer, heaven backs you up.

Today, take a few minutes and pray for your family by name.

Pray for your spouse — not just their behavior, but their walk with God.

Pray for your kids — not just their grades, their friends, their futures, but their hearts. Pray for the temptations they're facing you don't even know about. Pray for the lies the enemy is whispering. Pray for them to know Jesus, not just know about Him.

Pray for your parents, your siblings, your extended family. Pray for the ones who don't know the Lord. Pray for the ones who used to walk with Him but have drifted.

Pray for the marriages that are struggling. The kids who are far from home. The relationships that are fractured.

Here's the promise: no evil will conquer you, no plague will come near your home (Psalm 91:10). When you make your family a priority in prayer, you're not just hoping for the best. You're calling on the God who fights for you.

Some of you have been carrying your family for years. Don't stop now. The breakthrough you've been praying for may be closer than you think. The prodigal you've been waiting for may be on the way home.

Make room for your family in your prayer life today. They need it. And so do you.

PRAYER

Father, I bring my family to You today by name. I pray for my spouse, my children, my parents, and everyone I love. I stand in the gap for them. I claim Your promises over our home. No evil will conquer us. No plague will come near our home. We are Yours — every one of us. Bring back the wandering. Heal the broken. Save the lost. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Who in my family am I going to lift up to God in prayer every day this week?

DAY 11

MAKE ROOM FOR HEALING

3 John 1:2 (NKJV)

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

REFLECTION

God cares about your whole self — your spirit, your soul, and your body. He didn't just save you for heaven. He's working to restore you here.

John writes to a friend named Gaius, and his prayer is striking: I pray you may prosper in all things and be in health, just as your soul prospers. The condition of your soul matters — but so does the condition of your body and your mind.

Some of us have spent years neglecting our bodies because we thought spirituality was “above” the physical. But God created you with a body. He gave you sleep, sunlight, food, movement, and rest as gifts. Caring for your body is not vanity. It's stewardship.

Some of us have spent years neglecting our minds. We've carried anxiety like a backpack full of bricks. We've let trauma we never named keep dictating our reactions decades later. We've assumed that mental health and spiritual health are in conflict, when in fact they're partners.

And some of us have spent years neglecting our souls. We've been so busy serving God we've forgotten how to be with God. We've been pouring out without ever being filled.

Healing happens when all three are tended.

Today, ask God: what part of me needs Your healing touch?
Body? Mind? Soul? All three?

Maybe you've been carrying a physical issue you've never asked God to heal because you didn't want to be disappointed. Ask Him.

Maybe you've been wrestling with anxiety, depression, or fear, and you've been white-knuckling your way through. Bring it into the light.

Maybe your soul is tired and you've been pretending it's not. Tell Him.

He is Jehovah Rapha — the God who heals. Healing is His name. And the room you make for Him today is the room He fills tomorrow.

PRAYER

Father, I bring my whole self to You today. My body, my mind, my soul. Heal what is broken. Restore what is weary. Renew what is depleted. I trust You with my health — not just my spiritual health, but every part of me. Have Your way. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What part of me have I been neglecting that needs God's healing today?

DAY 12

MAKE ROOM TO FORGIVE

Colossians 3:13 (NKJV)

"Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do."

REFLECTION

Forgiveness is one of the hardest things God asks of us — and one of the most important.

Unforgiveness takes up room. It clogs your prayer life. It poisons your peace. It rents space in your mind to people who aren't paying for it.

And here's the deeper issue: unforgiveness doesn't hurt the person who hurt you. It hurts you.

The person who wronged you is sleeping fine. You're the one rehearsing the conversation at 2am. You're the one tightening up when you see their name. You're the one carrying the weight.

Forgiveness sets you free.

Let me say what forgiveness is not. Forgiveness is not saying what they did was okay. It wasn't. Forgiveness is not pretending it didn't happen. It did. Forgiveness is not letting them back into a position of trust they haven't earned. It isn't.

Forgiveness is releasing the person who hurt you from the debt you've been holding over them — a debt they probably can't repay anyway — and trusting God to handle the justice.

Romans 12:19 says, “Vengeance is Mine, I will repay, says the Lord.” God can settle the score better than you can. Hand it to Him.

Today, ask the Holy Spirit: who do I still need to forgive?

Maybe it’s a parent. A sibling. An ex. A former friend. A boss. A leader who failed you. A church that wounded you. Maybe even yourself.

Forgiveness is rarely a one-time event. It’s usually a daily decision. Some days you’ll forgive and feel free. Other days the offense will rise back up and you’ll have to forgive again. That’s normal. Keep forgiving.

We forgive because we’ve been forgiven. The cross took every reason we had to hold a grudge. If Jesus could forgive us, we can forgive them.

Make room today by letting someone go. The room you free up is the room God fills with His peace.

PRAYER

Father, You’ve forgiven me of more than I could ever measure. Today, by Your strength, I forgive. I release the people who have hurt me. I hand the justice to You. I will not let bitterness take up room You’re meant to fill. Heal the places where I’ve been wounded, and free me from carrying what You never asked me to carry. In Jesus’ name, Amen.

QUESTION TO CARRY WITH YOU

Who is taking up room in my heart that I need to release into God’s hands today?

MAKE ROOM FOR YOUR TRUE IDENTITY

1 Peter 2:9 (NKJV)

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light."

REFLECTION

Most of us live with a low-grade identity crisis we've never named.

We let the world tell us who we are. We let our past tell us what we'll always be. We let our worst day, our biggest failure, our hardest season define us. We let voices that were never qualified to speak about us shape how we see ourselves.

And then we wonder why we feel stuck.

The enemy's favorite strategy isn't making you bad. It's making you forget who you are.

1 Peter 2:9 doesn't leave room for confusion. You are chosen. You are royal. You are holy. You are God's own special possession. That's not a pep talk. That's a verdict from the highest court in the universe.

When God looks at you, He doesn't see your last mistake. He sees His son. His daughter. His chosen one.

Today, push back on every lie that's been taking up room in your mind.

I'm not enough. Replaced by: I am chosen.

I'm too far gone. Replaced by: I am redeemed.

I'm alone. Replaced by: I am His.

I don't have a future. Replaced by: I have a calling.

I'm defined by what they said about me. Replaced by: I am defined by what He says about me.

Identity is not something you earn. It's something you receive. And once you receive it, no one can take it from you.

Make room today for the truth about who you are. Stop renting space in your head to the lies. There's a King who has spoken over your life, and what He says about you is louder than what anyone else has ever said.

PRAYER

Father, today I receive who You say I am. I am chosen. I am loved. I am called. I am redeemed. I am Yours. I will not let the lies of the enemy take up room You've already filled with truth. Renew my mind. Restore my identity. Help me walk like the child of God I am. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Whose voice has been louder in my life than God's — and what truth do I need to declare today?

DAY 14

MAKE ROOM FOR FAITH OVER FEAR

2 Timothy 1:7 (NKJV)

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

REFLECTION

Two weeks in.

By now, the enemy has probably tried to talk you out of this. He’s whispered that you’re wasting your time. That nothing’s changing. That you should’ve given up by now. That this season of prayer is just for other people.

Don’t listen.

Fear is not from God. Paul says it plainly: God has not given you that spirit. So if it’s ruling your mind, it’s not from heaven. Reject it.

Here’s what God did give you: power, love, and a sound mind. That’s the inheritance of every child of God. Power to do what fear says you can’t. Love that drives out the lie that you’re alone. A sound mind that thinks clearly when fear wants you to spiral.

Faith doesn’t mean you don’t feel afraid. Faith means you obey God in spite of the fear.

Peter felt afraid when he stepped out of the boat. He still stepped. He kept walking until he took his eyes off Jesus. The lesson isn’t that he sank — it’s that for a moment, he walked on water, because he kept his eyes on the Savior who called him.

Today, ask yourself: what is fear keeping me from doing?

What conversation have you been avoiding? What dream have you been talking yourself out of? What step of obedience have you been postponing? What relationship have you been afraid to repair? What hard thing has God been asking you to face?

Faith is a muscle. The only way to grow it is to use it. The only way to defeat fear is to do what it told you not to.

Make room today for the kind of faith that moves. Not just the kind that prays. The kind that prays — and then steps.

PRAYER

Father, I reject the spirit of fear that has been ruling my thoughts. I receive the power, love, and sound mind You've already given me. Show me the step of faith I've been avoiding. Give me courage to take it. I trust You more than I trust the lies fear has been telling me. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What step of faith has fear been keeping me from taking?

DAY 15

MAKE ROOM FOR YOUR PURPOSE

Jeremiah 29:11 (NKJV)

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

REFLECTION

Don't miss the context of this verse. God speaks these words through Jeremiah to people in exile. People who had been carried off to Babylon. People who were going to be there for seventy more years before they could go home.

And in the middle of that, God says, "I know the plans I have for you."

Here's the truth: God's purpose for your life is not canceled by your current circumstance. The plans He has for you are bigger than the season you're in.

Some of you are reading this from a season that feels like exile. A job you didn't plan to be in. A health issue you didn't see coming. A relationship that ended differently than you hoped. A place you never thought you'd be.

Don't let the season convince you the purpose is gone.

Joseph was in a pit before he was in a palace. Moses was in a wilderness for forty years before he led a nation. David was in a cave before he sat on a throne. Paul was in a prison cell when he wrote half the New Testament.

God uses the exile to shape the deliverer. He uses the wilderness to prepare the leader. He uses the waiting to refine the calling.

Today, ask God: what is the purpose You've placed on my life?

It might be specific — a calling, a profession, a ministry, a mission. It might be relational — to be a faithful spouse, a present parent, a generous friend. It might be unfolding in front of you and you've been too busy to notice.

Whatever it is, make room for it.

Don't bury your purpose under the weight of your current chapter. The God who started a good work in you is faithful to complete it (Philippians 1:6). The story isn't over. The best chapters are still ahead.

PRAYER

Father, I trust that You have a plan for my life that is bigger than where I am right now. Show me what You've called me to. Give me eyes to see the purpose You've placed in me. Give me courage to walk in it. I will not let this season convince me the calling is gone. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What purpose has God placed on my life that I've been too busy or too discouraged to pursue?

DAY 16

MAKE ROOM FOR GENEROSITY

2 Corinthians 9:7 (NKJV)

“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.”

REFLECTION

Generosity is not a personality. It's a discipline. And it's one of the clearest signs that God has actually changed your heart.

Greedy people are not free. They're always anxious. Always calculating. Always counting. Always afraid there won't be enough.

Generous people are free. They've learned a secret: my Father owns it all, so I don't have to clutch any of it.

Here's what most of us miss — generosity is not about how much you have. It's about who has your heart. The widow with two coins outgave the rich men with their loud offerings, because she gave from a different place.

When you give, you're saying with your wallet what your worship has been saying with your mouth: God, You're my source. Not my paycheck. Not my savings. Not my career. You.

Today, examine your relationship with money.

Are you a tither? If not, this season is a great place to start. Bringing the first ten percent to God isn't legalism. It's a posture. It says: God, You're first.

Are you generous beyond the tithe? Generosity grows. The next step from tithing is offering. The next step from offering is sacrificial giving. The next step is becoming the kind of person who looks for ways to bless others without being asked.

Are you generous with more than money? Time, attention, encouragement, opportunity — all of it can be given. All of it can be hoarded.

God doesn't need your money. He owns the cattle on a thousand hills. What He wants is your heart. And He's found that the fastest way to a person's heart is through their wallet. Make room today for the kind of generosity that scares you a little. That's usually where God is.

PRAYER

Father, You have given so much to me. Help me hold what You've given with an open hand. Make me generous in time, in attention, in resources, and in spirit. Free me from the fear that there won't be enough. You are my source. I trust You with what I have, and I trust You with what I give. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Where is God asking me to grow in generosity — and what's holding me back?

DAY 17

MAKE ROOM FOR YOUR WORK

Colossians 3:23 (NKJV)

*"And whatever you do, do it heartily, as to the Lord
and not to men."*

REFLECTION

There is no such thing as secular work for a Christian.

We tend to put a wall between "spiritual" things and "regular" things. Church is spiritual. Prayer is spiritual. Bible study is spiritual. But your job? Your business? Your meetings, your emails, your customers, your projects? That's just life.

That's not what Scripture says.

Paul writes to a group of slaves, of all people, and tells them: whatever you do, do it heartily, as to the Lord. He's saying that the most ordinary work, done with the right heart, is worship.

Your job is not just how you make a living. It's where God has placed you to be salt and light. The people you work with may never come to your church. But they see you every day.

Today, ask yourself: am I bringing God into my workplace, or leaving Him at the door?

Are you working with excellence? Or are you doing just enough to get by?

Are you treating people with kindness? Or letting stress and pressure shape how you talk to your team?

Are you honest? Or are you cutting corners you wouldn't cut if Jesus were watching — because He is?

Are you praying for your boss? Your coworkers? Your customers? Your business?

Joseph served in Potiphar's house and the prison and Pharaoh's court — and in every one of those places, the Lord was with him and gave him favor. The same God who blessed Joseph wants to bless you in your work.

Make room today for God in your career. He's not just interested in your Sunday. He's interested in your Monday.

PRAYER

Father, I bring my work before You today. Make me excellent at what I do. Make me kind to the people I work with. Make me a witness without having to say a word. Bless the work of my hands. Use my career as a platform for Your glory. I will work as if I'm working for You, because I am. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

How would my work look different this week if I treated every task as worship?

DAY 18

MAKE ROOM FOR THE LOST

Luke 19:10 (NKJV)

*"For the Son of Man has come to seek
and to save that which was lost."*

REFLECTION

Jesus came for one reason: to find lost people and bring them home.

If we're not careful, we can spend our whole Christian life so focused on our own walk with God that we forget the people Jesus actually came to die for. We get so busy growing as believers that we forget to be missionaries to the people around us.

Look around you. The people in your life who don't know Jesus aren't random. God placed them there.

Your neighbor. Your coworker. Your barista. Your hairdresser. Your kid's teammate's parents. The guy at the gym. The woman in the office across from yours. The cousin you used to be close with. The friend from college you haven't talked to in years.

These aren't just acquaintances. They're your harvest field.

Today, take a few minutes and list five people in your life who don't know Jesus. Write their names down somewhere you'll see them. Pray for them by name every day for the rest of these 21 days — and beyond.

Pray for their hearts to soften. Pray for their eyes to be opened. Pray for them to see Jesus in you. Pray for divine appointments — conversations God will set up that you couldn't engineer if you tried.

Then look for the open door. When God starts answering those prayers, He'll usually start by opening up a conversation, a moment, a question. Be ready.

You don't need a Bible college degree to lead someone to Jesus. You need a story. You have one. The Jesus who changed your life is the same Jesus who can change theirs. Make room today for the people Jesus came to find. He's still seeking. He just often does it through us.

PRAYER

Father, break my heart for what breaks Yours. Show me the lost people in my life I've been walking past. Give me a love for them that I can't fake and can't earn. Open doors for me to share Jesus naturally. Use my story. Use my life. Save the people You've placed around me. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Who are the five people in my life who need Jesus, and how am I going to start praying for them today?

DAY 19

MAKE ROOM FOR THE NATIONS

Matthew 28:19 (NKJV)

*“Go therefore and make disciples of all the nations,
baptizing them in the name of the Father and of the Son
and of the Holy Spirit.”*

REFLECTION

The Great Commission is not just a verse we put on a wall. It's a marching order.

Jesus didn't say go make disciples of your friends. He said go make disciples of all nations. The gospel was never meant to stay in your zip code.

Most of us will never be missionaries in another country. That's okay. But all of us are called to participate in the mission. We do that in three ways: we pray, we give, and we go.

Pray. Pray for unreached people groups. Pray for missionaries. Pray for the persecuted church around the world. There are believers in nations right now who are risking their lives to follow Jesus. They are praying for us. We should be praying for them.

Give. Every dollar given to missions multiplies in ways your local life can't. Your generosity sends Bibles into closed countries. Builds wells in villages. Feeds orphans. Trains pastors. Plants churches. The kingdom is advancing on the backs of people most of us will never meet — funded by people most of them will never meet.

Go. For some of you, going is the next step. A short-term trip. A long-term call. A move you've sensed but kept brushing off. Don't brush it off. Some of the greatest joys of my life have come from saying yes to going somewhere I didn't plan to go.

Today, lift your eyes beyond your own life. Beyond your own city. Beyond your own country.

Pray for the unreached. Pray for the missionaries we support as a church family. Pray for the global Church. Pray for revival to spread to nations that have not yet heard the name of Jesus.

Make room today for the world. Heaven is going to be filled with people from every tribe and tongue and nation. The work of getting them there is happening right now. And we get to be part of it.

PRAYER

Father, expand my vision. Help me to see beyond my own life and my own city. I pray for the nations that have never heard Your name. I pray for missionaries on the front lines. I pray for the persecuted church. Use me — in prayer, in giving, in going — to advance Your kingdom across the earth. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Am I praying, giving, and going — or just praying for myself? Where is God asking me to expand?

DAY 20

MAKE ROOM TO LOVE

John 13:35 (NKJV)

"By this all will know that you are My disciples, if you have love for one another."

REFLECTION

Jesus didn't say the world will know we're His disciples by our doctrine. Or our music. Or our church size. Or our social media presence.

He said the world will know we're His by how we love.

That's the test. Not theology. Not effort. Not service. Love.

Most of us are better at the parts of Christianity that don't require us to die to ourselves. Going to church is easy. Reading the Bible is easy. Even tithing is easy compared to loving the people who frustrate you.

Real love is hard.

It's loving your spouse on the day they're not lovable. Loving your kid through the season they're pulling away. Loving the friend who wronged you. Loving the family member who's difficult to be around. Loving the church member you disagree with. Loving the stranger who doesn't look like you, vote like you, or believe like you.

Loving the way Jesus loves is not natural. It's supernatural. It's evidence that the Holy Spirit is doing something inside you that you can't do on your own.

1 Corinthians 13 doesn't describe love as a feeling. It describes love as a posture. Patient. Kind. Not envious. Not boastful. Not proud. Not self-seeking. Slow to anger. Quick to forgive. Always protecting. Always trusting. Always hoping. Always persevering.

Read that list. Then read it again with the names of the people in your life next to it.

Today, ask: who in my life have I been failing to love the way Jesus loves them?

Make room for that person. Make room for grace. Make room for kindness you didn't feel like extending. Make room to love the way you've been loved.

If we get the love part right, the world will pay attention. If we get it wrong, no amount of preaching will fix it.

PRAYER

Father, You loved me when I was unlovable. Help me love others the same way. Soften my heart toward the people I've grown hard toward. Give me grace for the difficult people in my life. Make me patient. Make me kind. Make me known as one of Yours by the way I love. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

Who in my life needs me to love them the way Jesus has loved me — and what will that look like this week?

DAY 21

CARRY THE ROOM WITH YOU

1 Thessalonians 5:16-18 (NKJV)

"Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

REFLECTION

You made it.

Twenty-one days. Whether you nailed every day or missed a few, whether the breakthrough came in week one or you're still believing for it now — you showed up. And God always meets us where we show up.

But here's the temptation: to close the devotional, get back to normal life, and slowly let the secret place become a memory.

Don't.

The goal of these 21 days was never just 21 days. It was to recalibrate the rest of your year. To rebuild a habit you'll carry. To remind you what your life feels like when God has the room He's asked for all along.

Paul tells the Thessalonians to pray without ceasing. He doesn't mean you should be on your knees twenty-four hours a day. He means make prayer the soundtrack of your life. The rhythm under everything. The conversation that keeps going whether you're driving, working, parenting, or resting.

That's what I want for you on the other side of these 21 days.

Don't let what you built collapse. Keep your time. Keep your place. Keep your hunger. Find a passage of Scripture you'll camp in next week. Keep praying for the family members, the lost friends, the breakthroughs you've been believing for.

And when life gets loud again — because it will — remember what you learned in the quiet. The God who met you in the secret place is not going anywhere. The room you've been making was never temporary. It was meant to be the new normal.

Carry the room with you.

Make room every day. Not because you have to. Because you've tasted what happens when you do.

He's waiting for you tomorrow morning, just like He waited for you these 21 days. Show up.

We're just getting started.

PRAYER

Father, thank You for these 21 days. Thank You for meeting me. Thank You for the room I've made and the room You've filled. Don't let this end here. Help me carry the secret place into the rest of my life. Make prayer my rhythm. Make Your presence my home. I'm not going back to who I was. I will keep making room. In Jesus' name, Amen.

QUESTION TO CARRY WITH YOU

What is the one habit from these 21 days I'm committing to carry forward into the rest of my year?



A FINAL WORD

Chapelhill family,

If these 21 days mattered to you, don't keep it to yourself. Tell someone. Share what God did. Invite a friend into the same rhythm. Revival doesn't spread by program. It spreads by testimony.

Heather and I are believing that what God has done in you over these 21 days will spill into your home, your workplace, your friendships, and our cities. We were not made to fast for three weeks and forget. We were made to walk with God for the rest of our lives.

Keep the door open. Keep making room. He's worth it.

Pastor Daniel

Senior Pastor, Chapelhill Church

