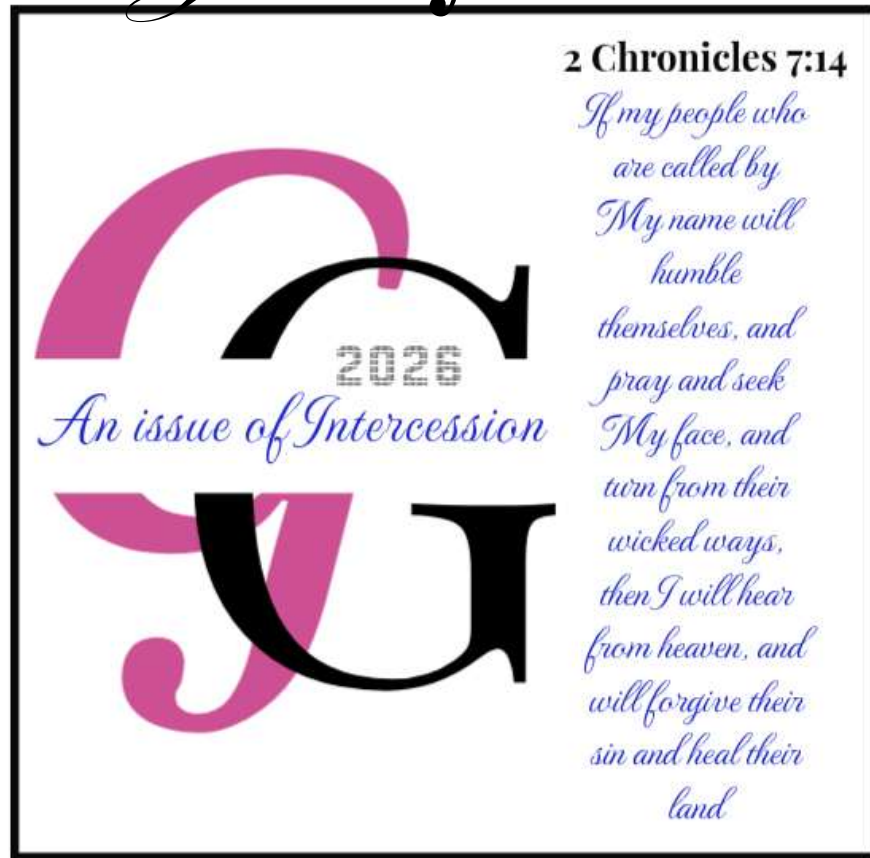


Glory Girls



Preparing for the Assignment

A 30-day guide for preparation

"She is clothed with strength and dignity." — Proverbs 31:25

Theme: “First Things First” - *“But seek first the kingdom of God and His righteousness...”* — Matthew 6:33

January is preparation season. The Glory Girls fasting guide is a 30-day devotional experience designed to strengthen discipline, sharpen spiritual hearing, and prepare you for God’s assignment in this season.

The guide includes:

- ✓ Daily devotionals
- ✓ Prayer & fasting guidance
- ✓ Reflection & journaling space
- ✓ Scripture-centered and grace-filled

Preparation Objectives

1. To seek God’s direction for the year
2. To quiet distractions and sharpen spiritual hearing.
3. To align habits, desires, and decisions with God’s will
4. To begin the year surrendered, not scrambling.

Preparation Orders

1. Choose a daily time and place for consecration.
2. Prepare place with Bible, journal, and pen.
3. Follow daily devotional.
4. Respond to daily reflection prompts.
5. Choose and commit to a fasting plan.

GLORY GIRLS DAILY DECLARATION

“I am disciplined and devoted.
I hear God clearly.
I am strong in spirit and gentle in heart.
I am fit for my assignment.
I am a Glory Girl.”

FASTING OPTIONS

Watch Fast (12-hour daily fast (6:00 PM – 6:00 AM))

- Water/liquids only during fasting hours (no solid food)
- Limit or avoid using social media and watching television.

Daniel-Style Fast

- Fruits, vegetables, legumes, whole grains
- Water only
- No sweets, fried, or processed foods.
- Limit or avoid using social media and watching television.

30 Days of Devotion & Prayer

DAY 1 — REPORT FOR DUTY

Scripture: Psalm 51:10

Devotional: Every fast begins with availability. Before strategy, before goals, before movement, we simply decide to show up for duty. God is not asking you to perform; He's asking you to present yourself. Consecration is not about perfection, it's about posture. Today, you stand before God just as you are and say, "Here I am, Lord."

Prayer: Lord, I present myself to You. Clean my heart, align my motives, and prepare me for what You desire to do in me this season.

Journal: What does "availability" look like in my life right now?

DAY 2 — LAYING DOWN EXCESS

Scripture: Hebrews 12:1

Devotional: Training requires releasing unnecessary weight. Distractions, habits, and attitudes that once felt harmless can slow spiritual progress. God is gentle, but He is intentional. Today, He invites you to lay aside what no longer serves the woman you are becoming.

Prayer: Lord, show me what needs to be released. I trust You enough to let it go.

Journal: What has been weighing me down spiritually?

DAY 3 — FAITHFUL OVER FLASHY

Scripture: 1 Corinthians 4:2

Devotional: God values faithfulness more than visibility. Consistency in prayer, obedience in small things, and quiet devotion build spiritual strength. You are being built.

Prayer: Teach me to value faithfulness over attention. Help me show up daily with obedience.

Journal: Where can I practice greater consistency?

DAY 4 — THE POWER OF STILLNESS

Scripture: Psalm 46:10

Devotional: Noise dulls discernment. Stillness sharpens it. God often speaks softly, not because He lacks power, but because He desires intimacy. Today, silence becomes sacred space.

Prayer: Lord, quiet my soul. Teach me to listen without rushing.

Journal: What makes it difficult for me to be still?

DAY 5 — TRUSTING THE PROCESS

Scripture: Galatians 6:9

Devotional: Spiritual growth is not always immediate, but it is always intentional. Weariness does not mean failure. Stay committed — fruit is forming beneath the surface.

Prayer: Give me strength to stay faithful when results aren't visible.

Journal: Where am I tempted to give up too soon?

DAY 6 — CORRECTION IS CARE

Scripture: Proverbs 3:11–12

Devotional: God corrects what He loves. Conviction is not rejection, but it's proof of belonging. Today, allow God to refine you without shame.

Prayer: Lord, help me receive correction with humility and trust.

Journal: How do I usually respond to correction?

DAY 7 — SABBATH POSTURE

Scripture: Psalm 127:2

Devotional: Rest is not weakness; it's wisdom. Even in training, rest is required for strength. Today, breathe deeply and thank God for His work in you.

Prayer: Thank You, Lord, for sustaining me. I rest in Your grace.

Journal: How can I honor rest without guilt?

WEEK 2 — ORDERS & DIRECTION [Clarity. Alignment. Listening]

DAY 8 — TRUST OVER CONTROL

Scripture: Proverbs 3:5–6

Devotional: God's direction often requires releasing control. Trust means leaning fully on Him, not halfway. Alignment begins when we stop insisting on our own understanding.

Prayer: Lord, I trust You. Direct my steps even when I don't see the full picture.

Journal: Where am I struggling to trust God fully?

DAY 9 — WAITING FOR INSTRUCTION

Scripture: Habakkuk 2:1

Devotional: Waiting is not inactivity; it's attentiveness. God speaks to those who position themselves to hear. Today, choose patience over pressure.

Prayer: Lord, help me wait without anxiety and listen without distraction.

Journal: What does waiting look like for me right now?

DAY 10 — WRITE THE VISION

Scripture: Habakkuk 2:2

Devotional: Vision clarifies purpose. Writing what God reveals helps anchor faith and guide obedience. What He speaks today will sustain you tomorrow.

Prayer: Lord, help me capture what You are revealing to me.

Journal: What vision or direction has God been showing me?

DAY 11 — GOD'S VOICE BRINGS PEACE

Scripture: Isaiah 30:21

Devotional: God's guidance is firm but peaceful. Confusion often signals the need to pause and pray. Trust that God will make the path clear.

Prayer: Lead me clearly, Lord. Remove confusion from my heart.

Journal: How do I recognize God's peace when making decisions?

DAY 12 — OBEDIENCE BEFORE CONFIDENCE

Scripture: John 10:27

Devotional: You don't need full confidence to obey — obedience builds confidence. Sheep learn the Shepherd's voice by following it.

Prayer: Lord, help me obey even when I feel unsure.

Journal: What step of obedience is God asking of me?

DAY 13 — GOD IS NOT THE AUTHOR OF CHAOS

Scripture: 1 Corinthians 14:33

Devotional: God's order brings stability. When life feels chaotic, return to prayer and simplicity. Alignment restores peace.

Prayer: Lord, bring order where I feel overwhelmed.

Journal: What areas of my life need divine order?

DAY 14 — ONE STEP AT A TIME

Scripture: Psalm 37:23

Devotional: God orders steps, not leaps. Faithfulness in today's step prepares you for tomorrow's journey.

Prayer: Lord, help me focus on today's assignment.

Journal: What is the next step God is asking me to take?

WEEK 3 — ENDURANCE & DISCIPLINE [*Strength for the long haul.*]

DAY 15 — STRENGTH THROUGH WAITING

Scripture: Isaiah 40:31

Devotional: Waiting renews strength. When you feel tired, God is replenishing you —not punishing you.

Prayer: Renew my strength, Lord. Teach me to wait well.

Journal: Where do I need renewed strength?

DAY 16 — DENYING SELF, GAINING PURPOSE

Scripture: Luke 9:23

Devotional: Discipline trains desire. Saying no to self creates room for God's will to flourish.

Prayer: Lord, help me choose purpose over comfort.

Journal: What comforts compete with my calling?

DAY 17 — BUILDING SPIRITUAL MUSCLE

Scripture: James 1:2–4

Devotional: Endurance develops maturity. This season is strengthening your spiritual capacity.

Prayer: Lord, complete Your work in me.

Journal: How has my faith grown through challenges?

DAY 18 — GRACE IN WEAKNESS

Scripture: 2 Corinthians 12:9

Devotional: God's power shines brightest in surrendered weakness. You don't need to be strong — you need to be yielded.

Prayer: Lord, let Your strength fill my weak places.

Journal: Where do I need to rely more on God's grace?

DAY 19 — HOLD YOUR POST

Scripture: 2 Timothy 2:3 **Devotional:** Spiritual endurance means staying committed even when it's uncomfortable. Your assignment matters.

Prayer: Lord, help me remain steadfast.

Journal: What tempts me to abandon my post?

DAY 20 — WORK AS WORSHIP

Scripture: Colossians 3:23

Devotional: Everything done unto the Lord becomes sacred. Faithfulness transforms ordinary moments into worship.

Prayer: Lord, help me serve with joy and excellence.

Journal: How can I honor God through my daily work?

DAY 21 — THANKFUL FOR GROWTH

Scripture: Philippians 4:13

Devotional: Pause and acknowledge growth. God has strengthened you more than you realize.

Prayer: Thank You, Lord, for how You've grown me.

Journal: How am I stronger now than I was before?

WEEK 4 — DEPLOYMENT & IMPACT [*Walking out prepared*]

DAY 22 — COURAGE TO MOVE FORWARD

Scripture: Joshua 1:9

Devotional: Preparation produces courage. God goes before you — walk boldly.

Prayer: Lord, give me courage to move forward in faith.

Journal: Where is God calling me to be bold?

DAY 23 — CALLED TO SHINE

Scripture: Matthew 5:16

Devotional: Your obedience points others to God. Shine with humility and purpose.

Prayer: Lord, let my life reflect Your glory.

Journal: How can my life point others to God?

DAY 24 — WALK HUMBLY

Scripture: Micah 6:8

Devotional: Impact is sustained through humility. Walk with God daily, not occasionally.

Prayer: Teach me to walk humbly and faithfully.

Journal: What does humility look like in my current season?

DAY 25 — BLESSED TO BLESS

Scripture: Genesis 12:2

Devotional: God blesses us so we can bless others. Your obedience creates ripple effects.

Prayer: Lord, use me as a blessing.

Journal: Who can I intentionally bless this week?

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DAY 26 — STAY CONNECTED

Scripture: John 15:5

Devotional: Fruit flows from connection. Stay rooted in Christ — that's where power lives.

Prayer: Keep me connected to You, Lord.

Journal: What strengthens my connection with God?

DAY 27 — CALLED FOR SUCH A TIME

Scripture: Esther 4:14

Devotional: You were prepared for this moment. God's timing is intentional.

Prayer: Lord, help me embrace this season with faith.

Journal: Why do I believe God has positioned me here?

DAY 28 — CELEBRATE THE WORK

Scripture: Psalm 126:3

Devotional: Celebrate growth. Honor what God has done. Gratitude seals transformation.

Prayer: Thank You, Lord, for all You've done in me.

Journal: What am I grateful for after this fast?

DAY 29 — READY FOR ASSIGNMENT

Scripture: Isaiah 6:8

Devotional: Training leads to sending. God prepares before He positions.

Prayer: Here I am, Lord. Send me.

Journal: What assignment do I feel God preparing me for?

DAY 30 — FIT FOR ASSIGNMENT

Scripture: 2 Timothy 2:15

Devotional: You are disciplined, aligned, and ready. Carry what God has done in you into the year ahead.

Prayer: Lord, I step forward prepared, faithful, and obedient.

Journal: How will I maintain what I've gained this month?