



# BIGGER **AND** BETTER

FASTING DEVOTIONAL

*Created By: Pastor Harold G. Burnett II*

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January 27 - February 5

DAY 1

# BIGGER

*Ephesians 3:20*

*Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,*

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*Life is big. It is full of big blessings and opportunities. On the flip side, it is also full of big problems and challenges. No matter what, Ephesians 3:20 is a reminder that we serve a big God who specializes in doing big things. No matter how big the blessing or burden - Christ is able to do exceedingly abundantly above all that we ask or think.*

*The Prophet Jeremiah wrote, "there is nothing too hard for God" (Jeremiah 32:17). Additionally, there is nothing too big for God. As you fast and pray today - may you experience the exceeding and abundant provision and power of Jesus Christ.*

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DAY 2

# THINGS JUST GOT BETTER

*Romans 8:26*

*26 And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.*

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*"Better" is about being efficient - learning how to maximize your resources to maximize every opportunity. Here's the thing - we are insufficient; we lack the capabilities needed to be efficient. We need help to be better and God knows that.*

*What does God do? He gives us the Holy Spirit to "help us in our weakness" The Holy Spirit is God's assistance so we can not only be better - but do better. When we trust the Holy Spirit, "God causes everything to work together for the good of those who love God and are called according to his purpose for them" (Romans 8:28).*

*As you fast and pray remember - It will get better.*

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DAY 3

# NO FEAR

*Psalm 23:4-5*

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.*

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*Fear is a demonic tool used to paralyze progress. At times we are so afraid of what we are facing - we are afraid to move. As a result, we become complacent and stagnant; we accept mediocrity and convince ourselves that where we are is where God wants us to be.*

*David gives us another perspective. Where you are and what you are facing is not a final destination. Don't stay there! Get through it! David is clear, I will, "walk through the darkest valley" and "I will not be afraid."*

*As you pray and fast today - No fear! Only progress!*

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DAY 4

# SUPER POWER

*2 Corinthians 5:7*  
*For we walk by faith, not by sight.*

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Faith is a superpower! The ability to believe and trust God beyond what you see and understand, is a supernatural, God-given ability.

When you are confronted by various challenges - faith provides peace. When you lack what you need - faith provides provision. When you don't know what direction to go in, faith is your compass. Faith is how Moses crossed the Red Sea; it's why Mary walked to Jesus' tomb.

As you fast and pray today walk by faith! Let the Holy Spirit be your compass and lead you to places that you never imagined.

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DAY 5

## WHAT'S IN YOUR HAND?

*Exodus 4:1-2*

*But Moses protested again, "What if they won't believe me or listen to me? What if they say, 'The Lord never appeared to you?'"  
2 Then the Lord asked him, "What is that in your hand?"*

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*Everything you need to do what Christ has called you to do - you have it. The Apostle Peter wrote it this way, "by his divine power, God has given us everything we need for living a godly life."*

*Sometimes the challenges we face, make it hard to see what we have - which was Moses' issue. He was so blinded by his problems he failed to recognize what he possessed. When God instructed Moses to go to Pharaoh, and Moses objected - God asked him a question, "What is in your hand?" A question to remind Moses he possessed what he needed to do what God called him to do.*

*As it was with Moses - so it is with you. As you fast and pray today remember what is in your hand.*

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DAY 6

# HANDLE IT DIFFERENTLY

*1 Peter 5:6-7*

*So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. 7 Give all your worries and cares to God, for he cares about you.*

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*You won't become bigger until you learn how to become better. In other words, your increase is predicated on your efficiency - you can only have what you can handle.*

*Here is how you know you are becoming better - you learn how to handle things differently. Meaning, you filter your choices through Christ and trust your decisions to His direction. Simply - Let God handle it.*

*As you fast and pray today - handle it differently; give it to God; cast your cares to Him and believe at the right time that He will lift you up in honor.*

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DAY 7

# I GOT THE POWER

*Luke 9:1*

*One day Jesus called together his twelve disciples and gave them power and authority to cast out all demons and to heal all diseases.*

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*"I got the power," is not only a throwback hip-hop lyric - it's Bible! Before Jesus sent out the disciples, he "gave them power and authority to cast out all demons and to heal all diseases.*

*Luke 9 is a reminder that as a disciple of Jesus Christ, you you have the power and the authority of Jesus Christ. Paul echoes the same sentiment, in the famously quoted scripture found in Philippians 4:13 - "For I can do everything through Christ, who gives me strength."*

*As you fast and pray today, know that Jesus Christ has given you supernatural abilities. Tell yourself, "I got the power!"*

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DAY 8

# PURPOSE MAKES PROGRESS

*2 Peter 3:18*

*Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ.*

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*For the past 8 days you have been praying and fasting; doing the intentional work needed to be better. There is one word that best describes the work you are doing - PROGRESS!*

*You are making progress! You are better now than you were before - why? Because you are being intentional about pursuing God's purpose for your life. The more you focus on purpose the more progress you will make.*

*As you fast and pray today - remember Christ does not require perfection - He requires progress.*

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DAY 9

## SPIRITUALLY MATURE?

*1 Corinthians 13:11*

*When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.*

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*"Bigger and Better" is about spiritual maturity. God will not give you more if you can not handle the spiritual ramifications that come with it. Remember - you can not have what you can not handle. Here is the ultimate question - are you spiritually mature enough to handle "the more" you are asking God for?*

*Maturity is a mindset that influences your actions. How you think about it - determines what you do about it. What you do about it is a direct reflection of your maturity level.*

*As you fast and pray remember, when you "grow up," you put away "childish things." Spiritual maturity is an indicator you are getting bigger and becoming better.*

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DAY 10

## MILESTONE

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*For the past 10 days you have been fasting and praying; believing God for "bigger and better." I hope you are beginning to see the fruit of your labor; the blessing that comes with honoring Christ and following His will for your life.*

*I know there is still work to do and we are going to keep working. However, I encourage you to celebrate your progress over the past 10 days and challenge you to keep pressing toward the "goal for the prize of the upward call of God in Christ Jesus. Keep GOING AND GROWING!*

*MILESTONE || In what area of your life have you seen progress over the past 10 days?*

