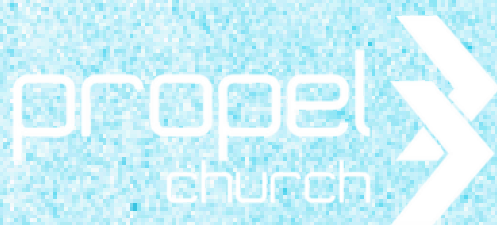
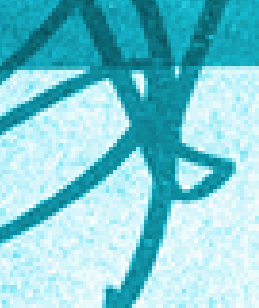


Formation

Become ——— who God ——— created you ——— to be.





welcome

LETTER FROM PS NICK

Hey friend,

In February, we began this year by stirring hunger. We made space, eliminated the noise, and awakened a fresh desire for God. Now it's time we move into something deeper. This seven-day fast is about formation—the shaping of who you're becoming. Over these next few days, we are not simply asking God to stir our hearts again; we are inviting Him to shape our lives.

The truth is, you are being formed every single day. Your habits are forming you. Your thought life is forming you. The conversations you entertain, the content you consume, the patterns you repeat—all of it is shaping who you are becoming. The question isn't whether you are being formed. **The question is: What is forming you?**

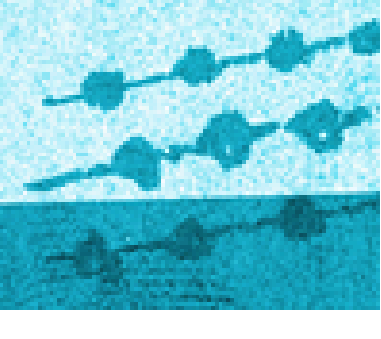
Fasting creates intentional space for God to do deeper work beneath the surface. It slows you down long enough to examine patterns, realign your identity, renew your mind, and strengthen your obedience. This is not about intensity for a week. It is about transformation that carries into the rest of your year, and the rest of your life.

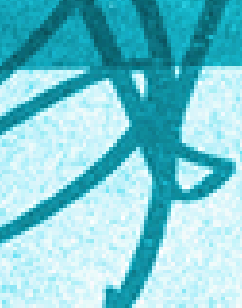
My prayer is that when this fast ends, you aren't just spiritually stirred, but you are spiritually strengthened! I pray that something of substance and significance forms within you as God reshapes your inner life in a way that produces clarity, confidence, and conviction for the months ahead. You are not just fasting—you are being formed into the image of Christ.

With you on the journey,

Ps. Nick Newman

Lead Pastor, Propel Church





What is formation?

Formation is the process of becoming who God created you to be. Romans 12:2 reminds us, “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” Transformation is not accidental; it’s intentional. It’s the gradual and steady reshaping of your inner life by the Spirit of God.

This fast is built around one core truth: You are being formed by something every day.

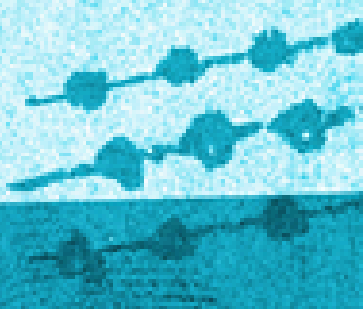
If you are not intentional about spiritual formation, you will drift into cultural adaptation. Your schedule will shape you, stress will shape you, and even your comfort shapes who you’re becoming. When you ignore your formation, over time, your repeated patterns form your identity and your responses.

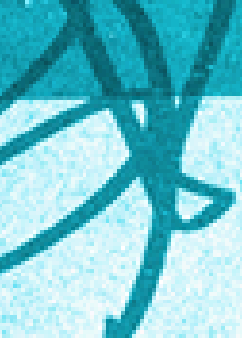
Formation is God’s invitation to step into a different process—His process. Instead of being shaped by pressure, distraction, or convenience, you allow yourself to be shaped by truth, obedience, Scripture, and discipline. Instead of reacting to life from old patterns, you respond from renewed thinking.

This is the second step in our 2026 spiritual journey: Hunger awakens desire. Formation builds depth.

Prayer aligns hearts. Consecration sets lives apart.

Over these seven days, we are asking God to reshape identity, refine habits, renew minds, prune what is unhealthy, and strengthen spiritual disciplines that will carry forward long after this week ends.





How to use this Devotional

1. One devotional per day

Each day includes:

- A Scripture to meditate on
- A devotional teaching
- A prayer focus
- Three engagement lanes
 - Simple Lane (for first-time fasters)
 - Stretch Lane (for growing fasters)
 - Deep Lane (for seasoned fasters)

2. Choose your lane

Pick whichever lane fits your season. There's no "better" lane, only the one that helps you engage with God the most.

3. Miss a day? No stress.

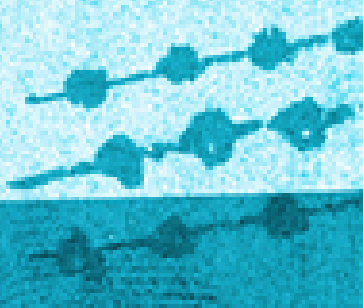
Just pick up on the day you're on; there is no falling behind.

4. Build consistency, not perfection

Fasting isn't about flawless discipline; it's about faithful pursuit of God.

5. Make space for God

Take your time, slow down, be intentional, and expect Him to speak to you.



Types of Fasts

Food Fasts (Recommended for most)

- Full fast – liquids only (for experienced fasters)
- Partial fast – skip one or two meals per day
- Daniel-style fast – vegetables, fruit, water only
- Sunrise-to-sunset fast – eat only after sunset

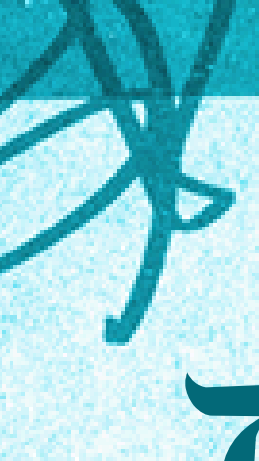
Non-Food Fasts (If fasting food is not possible)

- Social media
- Streaming/entertainment
- Sugar or caffeine
- Eating out
- Unnecessary spending
- Gaming or digital noise

Choose something you regularly consume—something that has a “pull” on your life.

Safety & Wisdom Notes

- We recommend that if you have pre-existing medical conditions, to consult with your doctor before starting to fast. Remember that choosing a non-food fast is not downgrading the step you are taking to pursue God.
- Stay hydrated and listen to your body.
- There is no shame in modifying your fast—this is about formation, not punishment.



Suggested Daily Rhythm

Morning

Read the Scripture + devotional

Pray the prayer focus

Choose your lane practice for the day

Midday

Pause for 1-3 minutes

Turn hunger into prayer

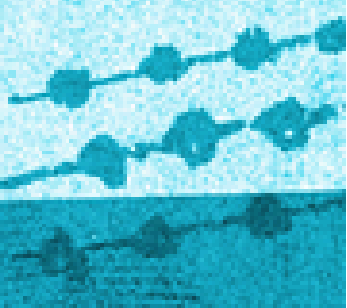
Reflect on what God is revealing

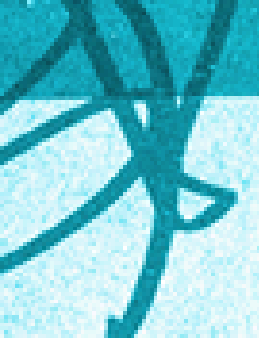
Evening

Complete your lane practice

Journal a sentence or two

Thank God for His presence





The 7-Day Devotional Outline

Day 1 — You Are Being Formed

Day 2 — Identity in Christ

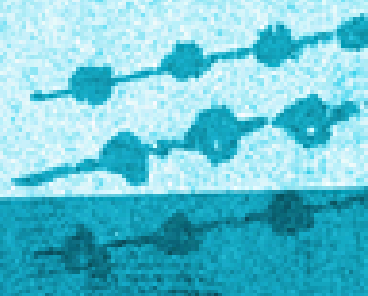
Day 3 — Renewing Your Mind

Day 4 — Habits and Patterns

Day 5 — Obedience and Pruning

**Day 6 — Strengthening Spiritual
Disciplines**

**Day 7 — Becoming Who He
Created You to Be**





You Are Being Formed

Day One

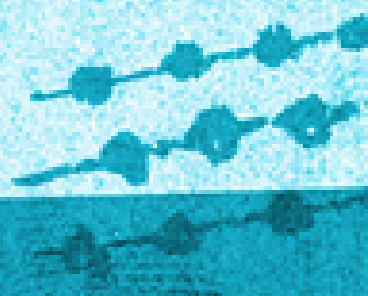
“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

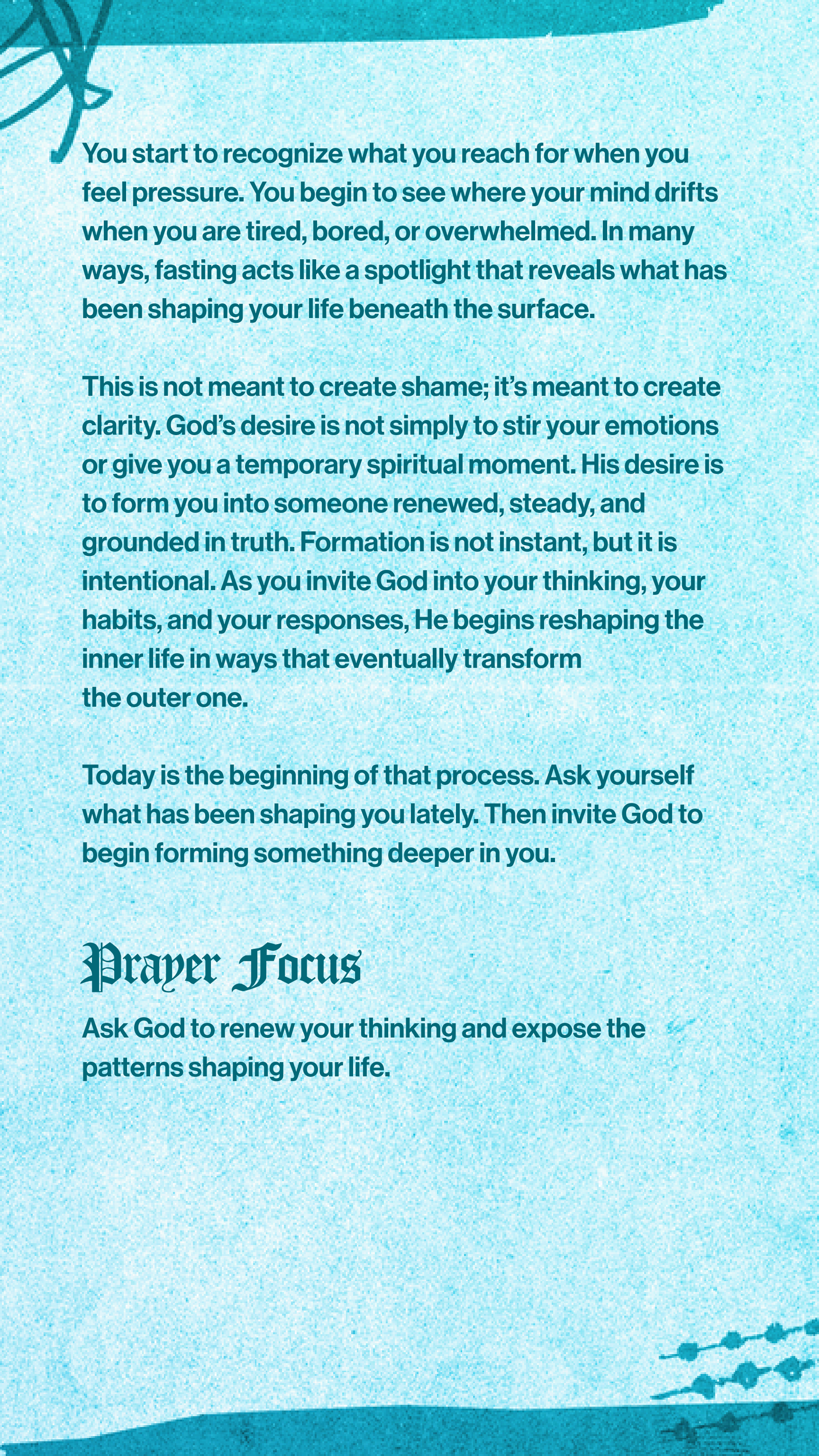
– Romans 12:2a (NLT)

Whether you realize it or not, something is shaping you every single day. Formation is not something that happens only in church services, spiritual moments, or seasons of intense pursuit. Formation is happening in the ordinary rhythms of life. The conversations you entertain, the patterns you repeat, the thoughts you rehearse, and the habits you build are quietly shaping the direction of your life. Over time, repetition begins to shape and mold who you become.

This is why Paul writes that transformation happens when the way you think begins to change. True spiritual formation always begins internally before it ever shows up externally. When the mind is renewed, your life begins to follow. But if the thinking never changes, the patterns rarely do either.

Fasting interrupts the normal patterns long enough for you to see what is really forming you. When you remove a regular appetite, you begin to notice the internal habits that normally go unseen.





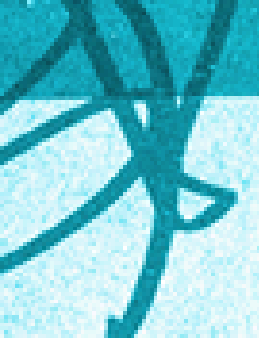
You start to recognize what you reach for when you feel pressure. You begin to see where your mind drifts when you are tired, bored, or overwhelmed. In many ways, fasting acts like a spotlight that reveals what has been shaping your life beneath the surface.

This is not meant to create shame; it's meant to create clarity. God's desire is not simply to stir your emotions or give you a temporary spiritual moment. His desire is to form you into someone renewed, steady, and grounded in truth. Formation is not instant, but it is intentional. As you invite God into your thinking, your habits, and your responses, He begins reshaping the inner life in ways that eventually transform the outer one.

Today is the beginning of that process. Ask yourself what has been shaping you lately. Then invite God to begin forming something deeper in you.

Prayer Focus

Ask God to renew your thinking and expose the patterns shaping your life.



Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

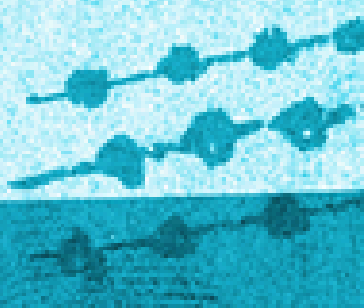
Skip one meal today. During that time, pause for three to five minutes and pray this simple prayer: “Jesus, form my life around You.”

Stretch Step (Growing Fasters)

Fast until lunch or dinner. Spend a few minutes reflecting on your recent habits and rhythms. Write down one pattern in your life that you sense God wanting to reshape.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Set aside fifteen to twenty minutes of quiet reflection and ask God to reveal what has been shaping your thinking more than His Word. Write down anything He brings to your attention and surrender it to Him.



Identity in Christ

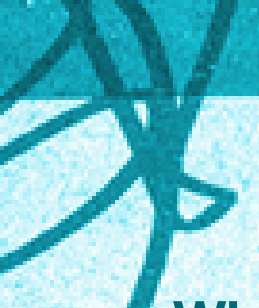
Day Two

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

– 2 Corinthians 5:17 (NLT)

Formation always begins with identity. Before God changes what we do, He reshapes who we understand ourselves to be. Many people spend years trying to fix behaviors without ever addressing the deeper issue beneath them. They try harder, discipline themselves more, and resolve to do better next time, but the cycle repeats because the root problem was never touched.

The gospel does not simply offer behavior modification; it offers identity transformation. Scripture says that when someone belongs to Christ, they become a new person. This doesn't mean perfection arrives overnight; it means a new reality has begun. Your past no longer defines you. Your failures no longer have the final word. Your identity is no longer rooted in what you have done, but in what Jesus has done for you! This truth is essential for spiritual formation because identity always drives behavior. People naturally live in alignment with what they believe about themselves. If someone believes they are broken beyond repair, they will often live that way. If someone believes they are constantly failing, they will approach life expecting failure.



When you begin to understand that they are redeemed, forgiven, and made new in Christ, their perspective changes. Their confidence grows, and obedience becomes rooted in gratitude instead of guilt.

Fasting creates space to reflect on what has been shaping your identity. Over time, many voices compete to define who you are. Culture, past mistakes, insecurity, comparison, and even the opinions of others can slowly shape how you see yourself. God's voice tells a different story!

You are not defined by your past.

You are not defined by your worst moment.

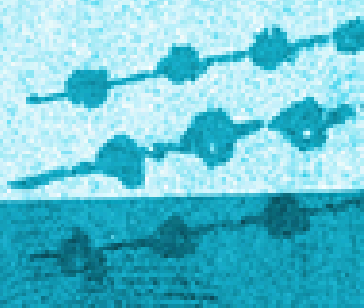
You are not defined by the labels others have placed on you.

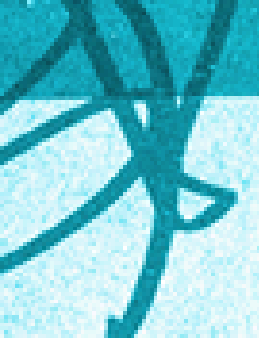
You are defined by Christ.

Today is an opportunity to allow that truth to settle deeper into your heart. Spiritual formation accelerates when your identity is anchored in what God says about you.

Prayer Focus

Ask God to help you see yourself the way He sees you. Pray that any identity rooted in shame, comparison, insecurity, or past failure would be replaced with the truth of who you are in Christ.





Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

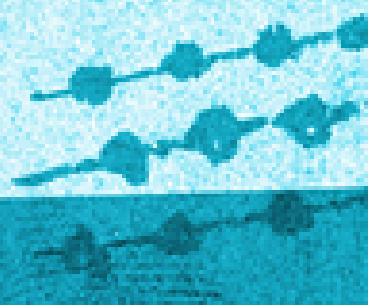
Skip one meal today. During that time, read 2 Corinthians 5:17 again and thank God that He has made you new through Christ.

Stretch Step (Growing Fasters)

Fast until lunch or dinner. Write down three statements from Scripture that describe who you are in Christ (forgiven, redeemed, loved, chosen, etc.). Read them out loud in prayer.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend twenty minutes reflecting on areas where past identity or insecurity still tries to influence your thinking. Surrender those areas to God and declare the truth of your identity in Christ.





Renewing Your Mind

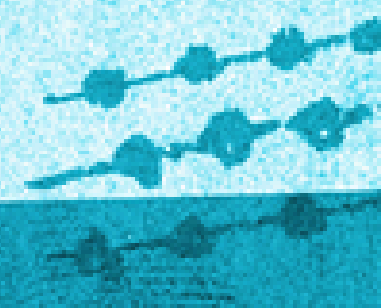
Day Three

“...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

– Philippians 4:8 (NLT)

The life God forms in you is deeply connected to what fills your mind. Long before actions become habits and habits become character, they begin as thoughts. This is why Scripture repeatedly calls believers to be intentional about their thinking. Paul writes that we are to fix our thoughts on what is true, honorable, right, pure, and worthy of praise. In other words, spiritual formation does not happen accidentally. It happens when our minds are intentionally aligned with truth.

Many people assume that spiritual growth happens mainly through external changes. They focus on adjusting behaviors or improving discipline, yet the deeper work God desires often begins beneath the surface. The mind quietly forms the framework through which we see life, interpret situations, and respond to pressure. When the mind is filled with worry, comparison, insecurity, or discouragement, those thoughts eventually shape the way a person lives. Over time, those patterns begin to feel normal, even when they are quietly pulling someone away from the life God desires for them.



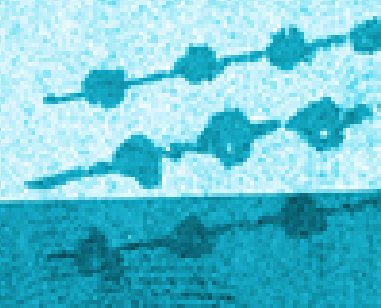


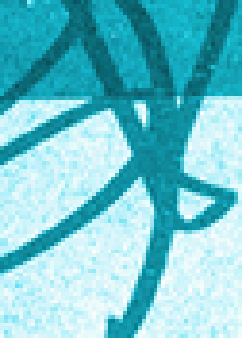
But when the mind is filled with truth, something different begins to happen—Scripture begins reshaping perspective, hope replaces anxiety, gratitude replaces comparison, and confidence in God begins replacing fear. Fasting creates space for this kind of renewal because it slows the pace of life long enough for you to notice what has been occupying your mind. When the normal distractions are removed, the thoughts that normally run quietly in the background become easier to see.

This is one of the ways God forms us. As we bring those thoughts to Him and intentionally fill our minds with His truth, He begins reshaping the internal life that eventually produces outward transformation. Today, pay attention to what fills your thoughts. When something surfaces that does not align with God's truth, invite Him to replace it with what is true, honorable, and life-giving.

Prayer Focus

Ask God to help you recognize thought patterns that have been shaping your life in unhealthy ways. Invite Him to renew your mind and fill your thoughts with what is true and life-giving.





Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

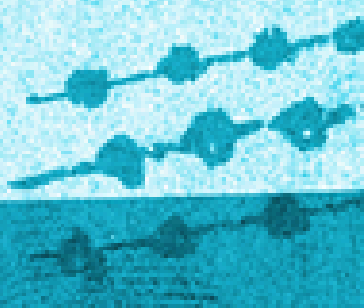
Read Philippians 4:8 slowly today. Choose one word from the verse—true, honorable, right, pure, lovely, or admirable—and ask God to help you focus your thinking on that truth throughout the day.

Stretch Step (Growing Fasters)

Fast one or two meals today. When a negative or discouraging thought comes to mind, pause and replace it by repeating Philippians 4:8 and intentionally shifting your focus toward what is true.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend fifteen to twenty minutes in quiet reflection and write down the thoughts that have most shaped your mindset recently. Pray over each one and ask God to renew your thinking with His truth.





Habits and Patterns

Day Four

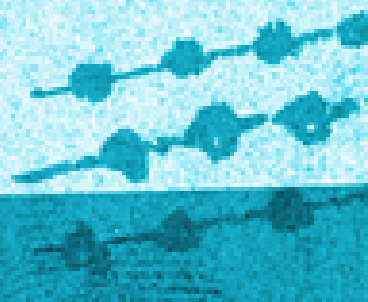
“Don’t be misled—you cannot mock the justice of God. You will always harvest what you plant.”

– Galatians 6:7 (NLT)

Formation rarely happens in dramatic moments. More often, it happens quietly through the patterns you repeat every day. The rhythms you build, the habits you keep, and the small decisions you make consistently over time begin shaping the direction of your life.

Scripture describes this process using the language of sowing (planting) and harvesting. Paul reminds believers that whatever a person plants is what they will eventually harvest. In other words, the patterns you cultivate today eventually produce the life you experience tomorrow.

This truth can feel sobering, but I believe that it is also hopeful! It means your future is not shaped by a single moment of success or failure. Instead, it is shaped by the direction your daily habits are moving. When someone repeatedly sows seeds of distraction, compromise, or spiritual neglect, those seeds eventually produce fruit. But when someone consistently plants seeds of obedience, prayer, Scripture, and humility, those seeds begin producing a very different harvest.





Fasting has a unique way of exposing the patterns that normally run unnoticed in our lives. When your routine is interrupted, you begin to see what you instinctively reach for. You notice the habits that fill your time. You become aware of the rhythms that quietly shape your thinking and your responses.

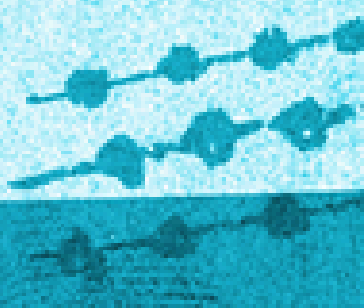
This awareness is not meant to discourage you. It is meant to invite you into intentional formation.

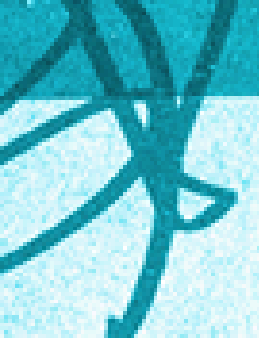
God does not simply want to remove unhealthy patterns; He wants to replace them with life-giving ones. Spiritual disciplines like prayer, Scripture, generosity, and obedience are not religious obligations. They are seeds planted into your life that eventually produce strength, stability, and spiritual depth.

Today, ask God to help you notice the patterns forming your life. Pay attention to what fills your time, your thoughts, and your attention. As He reveals areas that need to change, remember that transformation rarely happens overnight. It happens through faithful patterns practiced over time. Formation grows where new seeds are planted.

Prayer Focus

Ask God to reveal any habits or rhythms that are shaping your life in unhealthy ways. Invite Him to help you replace those patterns with practices that lead you closer to Him.





Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

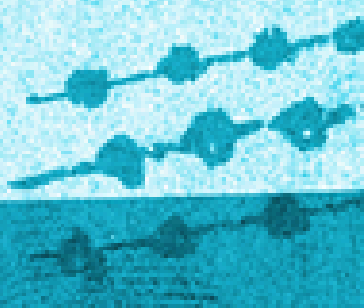
Take five minutes today to reflect on your daily routines. Ask God to highlight one small habit you can begin changing this week.

Stretch Step (Growing Fasters)

Fast one or two meals today. Write down one habit that strengthens your relationship with God and one habit that distracts you from Him. Ask God to help you reinforce the first and replace the second.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend fifteen to twenty minutes reflecting on the patterns that shape your schedule, attention, and spiritual life. Ask God to reveal which habits produce life and which need to be surrendered and replaced.





Obedience and Pruning

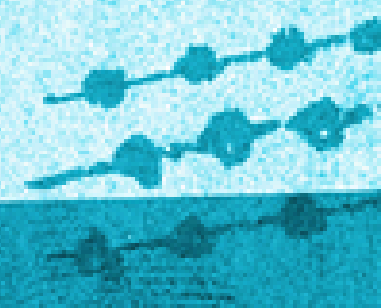
Day Five

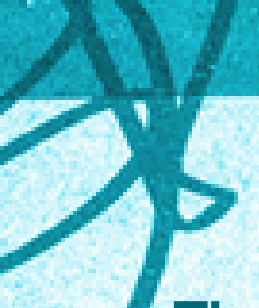
“I am the true grapevine, and My Father is the gardener. He cuts off every branch of Mine that doesn’t produce fruit, and He prunes the branches that do bear fruit so they will produce even more.”

– John 15:1-2 (NLT)

One of the most important parts of spiritual formation is something most people would prefer to avoid. Scripture calls it pruning. Jesus uses the picture of a vineyard to explain how God shapes the lives of His people. A healthy vine does not grow by simply allowing every branch to remain untouched. A wise gardener regularly cuts away what is unnecessary so the life of the vine can flow more effectively into what produces fruit. Without pruning, the plant eventually becomes crowded, distracted, and less productive.

In the same way, God lovingly prunes areas of our lives so we can grow spiritually stronger and healthier. Pruning does not always feel comfortable at the moment. Sometimes it looks like God confronting an attitude that has quietly taken root in our hearts. Other times it may involve Him asking us to release a habit, a distraction, or a pattern that has slowly been pulling us away from Him. There are even seasons when pruning means removing something that once seemed good but is no longer helping us grow.





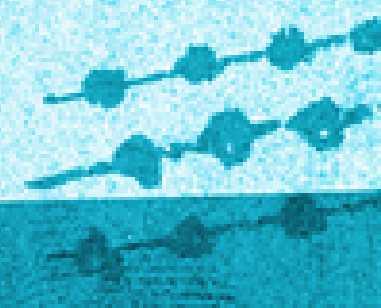
The purpose of pruning is never punishment—the purpose is fruitfulness. Jesus explains that the branches that already bear fruit are the ones the Father prunes so they can produce even more. That means God’s work of pruning is not a sign that something is wrong with you. Often it is evidence that He is preparing you for greater growth.

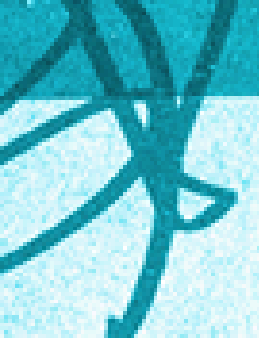
Fasting creates space for this kind of honest evaluation. When the pace of life slows down and the normal comforts are removed, it becomes easier to notice what may be crowding your spiritual life. Distractions become clearer. Compromises become easier to recognize. The Holy Spirit often begins gently pointing out areas where obedience will lead to greater freedom. Spiritual formation grows wherever obedience is practiced.

Today, ask God if there is anything in your life that needs to be pruned. Listen carefully and respond with humility. What He removes, He always replaces with something better. The goal is not simply to remove something from your life, but to create room for greater fruit to grow.

Prayer Focus

Ask God to reveal any area of your life that may need pruning. Pray for a willing and obedient heart as He shapes your life to produce greater spiritual fruit.





Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

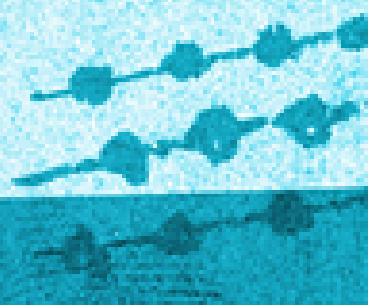
Skip one meal today and spend a few minutes asking God if there is a habit, attitude, or distraction He wants to help you remove.

Stretch Step (Growing Fasters)

Fast one or two meals today. Write down one area where you sense God asking for greater obedience. Take a practical step today that aligns with that direction.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend twenty minutes in prayer with John 15 open before you. Ask the Holy Spirit to reveal any areas of your life that may need pruning so that greater fruit can grow.





Strengthening Spiritual Disciplines

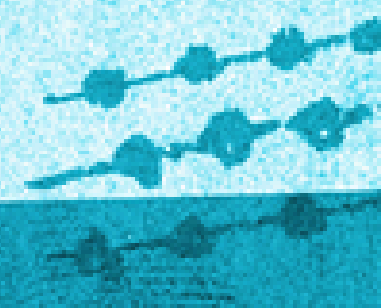
Day Six

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

– 1 Timothy 4:8 (NLT)

Formation does not happen by accident; it grows through intentional practices that create space for God to shape your life. Scripture often refers to these practices as disciplines, not because they are meant to feel heavy or restrictive, but because they strengthen the spiritual life over time. With this in mind, Paul compares spiritual growth to physical training. Just as the body grows stronger through consistent exercise, the soul grows stronger through consistent engagement with God. Prayer, Scripture, worship, generosity, confession, and solitude are not simply religious activities. They are pathways through which God shapes and forms your inner life.

Many believers experience moments of spiritual passion but struggle to maintain spiritual consistency. I’ve found that inspiration can start the journey, but it’s discipline that sustains it. The habits you build around your relationship with God quietly determine the depth of your spiritual life.





Fasting itself is one of those disciplines. It trains your heart to depend on God more than your natural appetites. It reminds your soul that your deepest strength does not come from comfort, routine, or convenience. It comes from closeness with God.

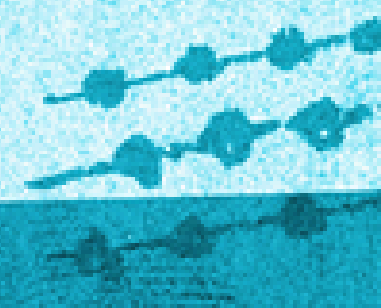
As this fast continues, you may begin to notice that your awareness of God feels stronger. Your thoughts may become clearer. Your prayers may feel more focused. This is not because fasting creates spiritual power on its own, but because it removes distractions that normally crowd out your attention.

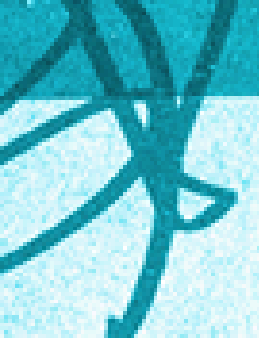
Spiritual disciplines are not about earning God's approval—they are about positioning your life to experience His presence more fully. Formation deepens when these practices become part of your daily rhythms and routines.

Today, consider which spiritual disciplines have been present in your life and which ones may need strengthening. God does not expect perfection, but He does invite intentional pursuit. Even small, consistent practices create space for Him to continue forming you.

Prayer Focus

Ask God to strengthen your desire for time with Him. Pray that spiritual disciplines would become life-giving rhythms rather than obligations.





Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

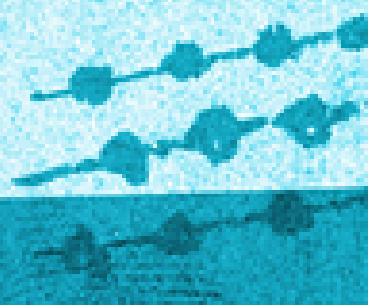
Take five minutes today to read a short passage of Scripture and pray. Ask God to help you build a consistent habit of spending time with Him.

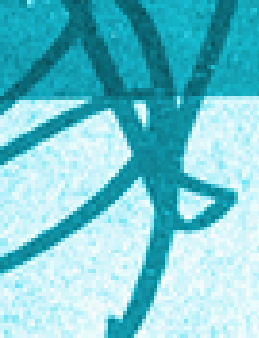
Stretch Step (Growing Fasters)

Fast one or two meals today. Spend fifteen minutes reading Scripture and praying through what you read. Ask God to show you one discipline you can begin practicing more consistently.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend twenty to thirty minutes in intentional spiritual practice: read Scripture slowly, pray through what God highlights, and spend a few minutes in silence listening for His direction.





Becoming Who He Created You to Be

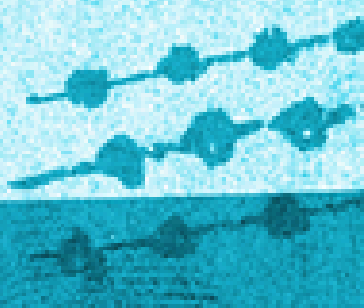
Day Seven

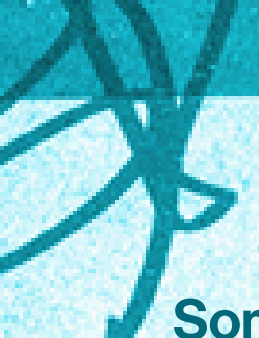
“For God knew His people in advance, and He chose them to become like His Son, so that His Son would be the firstborn among many brothers and sisters.”

– Romans 8:29 (NLT)

Spiritual formation will always lead somewhere. This journey is not simply about improving habits, adjusting routines, or becoming more disciplined for a season. The deeper goal is—the gradual shaping of your life into the likeness of Jesus.

Romans 8:29 reveals God’s intention for every believer. Long before we ever began pursuing Him, God had already determined the direction of our transformation. His plan was not simply to forgive us, but to form us. His purpose was not only to rescue us from sin, but to shape us into the image of His Son. This means the work God is doing in your life is deeply intentional. The identity He has given you, the thoughts He is renewing, the habits He is reshaping, the pruning He is allowing, and the disciplines He is strengthening all serve the same purpose. Each step is part of a larger process where God is forming the character of Christ within you.

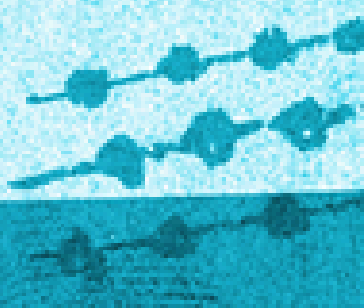




Sometimes we imagine spiritual growth happening in dramatic moments. Our expectation is that transformation will arrive through one powerful experience, one emotional prayer, or one breakthrough moment with God. But more often, formation happens quietly through daily surrender, repeated obedience, and small decisions that align your life with the voice of God. This week has been an invitation into that process.

As you have slowed down, fasted, prayed, and reflected, God has likely revealed things about your life. He may have exposed patterns that needed attention. He may have reminded you of your identity in Christ. He may have renewed areas of your thinking or prompted new disciplines to begin forming in your life. None of that is accidental! God is not only interested in what happens during these seven days, He is also interested in who you are becoming long after the fast is finished. Formation is not a one week event; it's a lifelong journey of becoming more like Jesus.

As this fast comes to a close, the invitation is simple: continue the process. The same God who stirred your hunger is the God who will continue shaping your life. The same Spirit who revealed areas of growth this week will continue guiding your steps forward. You are not finished being formed. God is still shaping your character, strengthening your faith, and forming you into who He created you to be. That work will continue as long as you keep walking with Him, until you breathe your last breath and eternity begins.





Prayer Focus

Thank God for what He has revealed and formed in your life during this fast. Ask Him to solidify what you've learned on this fast and continue shaping your life into the image of Christ

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

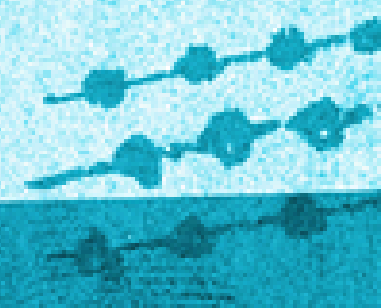
Take a few minutes today to reflect on this past week. Write down one thing God revealed to you during the fast and ask Him to help you continue growing in that area.

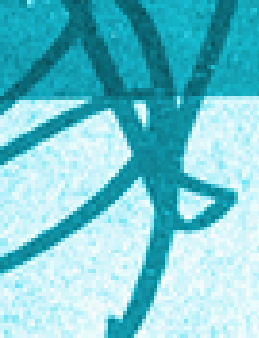
Stretch Step (Growing Fasters)

Fast one meal today and spend fifteen minutes thanking God for the ways He has been forming your life. Identify one spiritual practice from this week that you want to continue regularly.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend twenty to thirty minutes in prayer and reflection over the past seven days. Ask God to highlight the areas where He is continuing to shape your life and commit those areas to Him, moving forward.





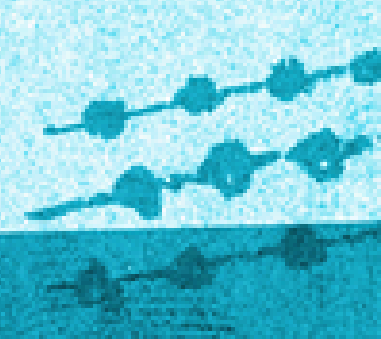
Final Encouragement & Next Steps

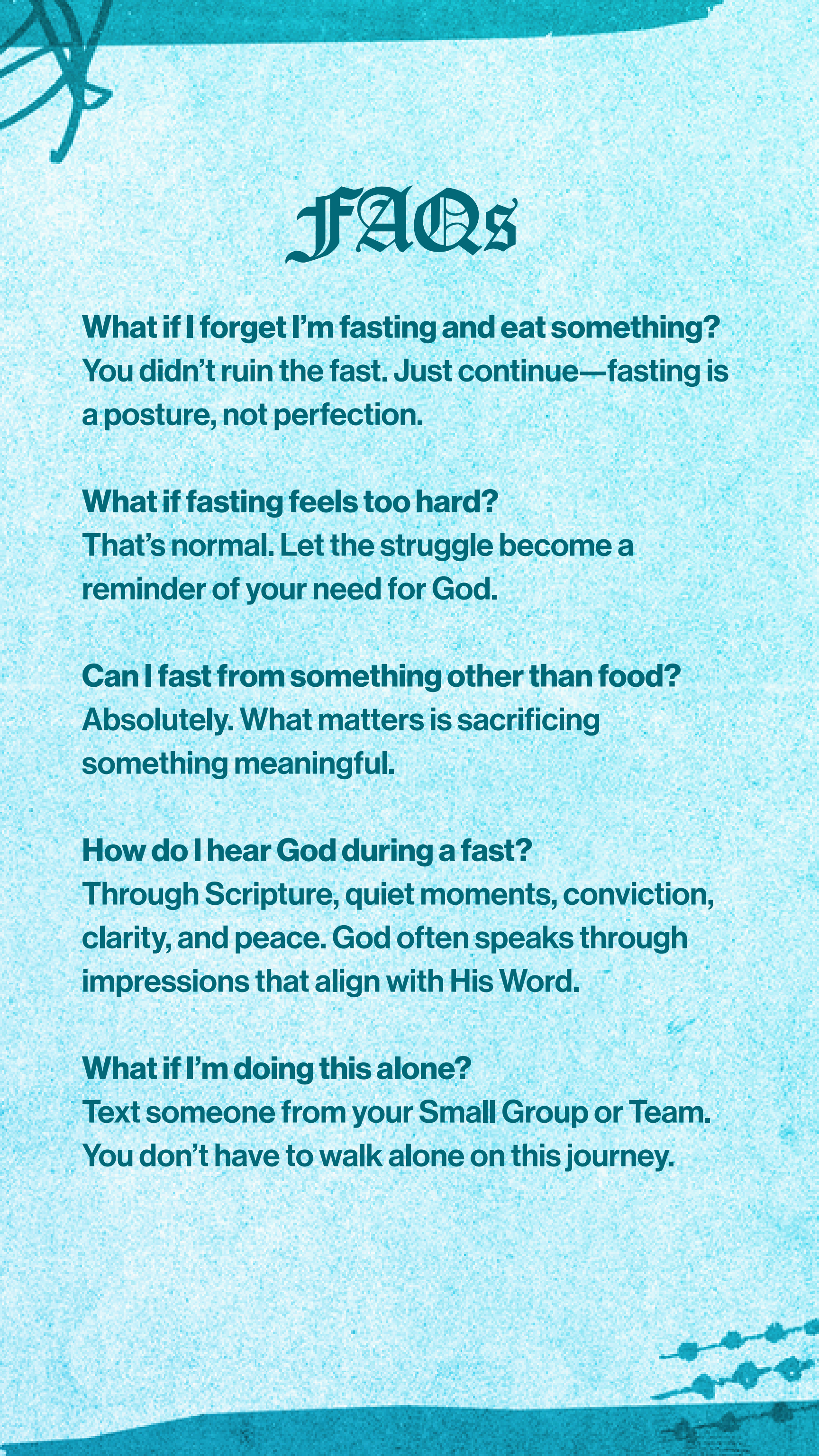
Formation doesn't end when the fast ends.

What God shaped in you this week is meant to carry into summer. Keep the habits. Guard the mindset. Stay rooted in identity. Continue allowing God to prune, refine, and strengthen you.

The next step in our 2026 journey will be to align our hearts in unified prayer in August.

But for now, stay attentive—God is forming you into His image!





FAQs

What if I forget I'm fasting and eat something?

You didn't ruin the fast. Just continue—fasting is a posture, not perfection.

What if fasting feels too hard?

That's normal. Let the struggle become a reminder of your need for God.

Can I fast from something other than food?

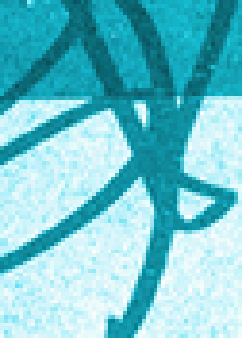
Absolutely. What matters is sacrificing something meaningful.

How do I hear God during a fast?

Through Scripture, quiet moments, conviction, clarity, and peace. God often speaks through impressions that align with His Word.

What if I'm doing this alone?

Text someone from your Small Group or Team. You don't have to walk alone on this journey.



Scriptures for formation

**A collection of verses to read
during the fast:**

- **Romans 12:2**
- **2 Corinthians 5:17**
- **Philippians 4:8**
- **Galatians 6:7-8**
- **John 15:1-8**
- **1 Timothy 4:7-8**
- **Philippians 1:6**
- **Colossians 2:6-7**
- **James 1:22**
- **Psalms 1**

