

INVITING

A DEVOTIONAL TO SEEK HIS PRESENCE

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BIBICALLY FIT LEARNING LLC



INTRODUCTION LETTER

Do you ever feel far away from God, that it is hard to pinpoint where things have gone left in your walk, or that you just need to realign yourself? This is a frequent occurrence in the lives of many, so you need not feel alone.

“*Inviting*” was created from the personal need to continuously reconnect with the Father. The prayers you will read are not just written but spoken and reflected over. A community of people have already *invited the Lord* in the hopes that what is written can be used to bring the chosen people back to God as He desires.

The amazing thing about this devotional is that it isn't designed to be used once. This devotional is intended to be used repeatedly. Not only when you feel disconnected but to remain connected.

In conclusion, it is our prayer that you feel the presence of the Lord through the course of this devotion. That the Lord Our God meets you in a way unexpected and the Holy Spirit guides you in the direction in which you should continue.



HOW TO USE THIS DEVOTIONAL

For the next 7 days, follow these simple steps:

1. Read the Prayer

Each day begins with a prayer written for you.

2. Read the Scripture

After the prayer, read the attached scripture. Take a moment to think about how it connects to the principle of the day.

3. Understand the “Is / Is Not” Statements

These short statements will help you clearly see what the Word is asking of you and what it is not. They are here to guide your prayers and align your heart with God’s truth.

4. Reflect

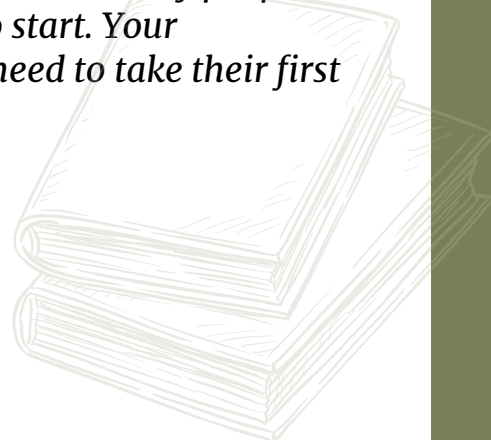
Use the reflection section to write down your thoughts, prayers, or what God shows you throughout the day. If writing isn’t possible, take time to quietly reflect when you can.

5. Fasting (3 Days)

On the fasting days, this is your personal commitment to the Lord. The choice of what and how long to fast is between you and God. The purpose is not to seek blessings, but to seek Him; His presence, His character, and deeper connection with Him.

6. Share Your Experience

At the end, consider sharing your journey on social media. Many people long for closeness with God but don’t know where to start. Your testimony could be the encouragement or tool they need to take their first step toward Him.



*Let's start by inviting the Lord into this
journey as you read.*

Something is Lingerin in the Dark

(Psalm 139:23-24)

PRAYER OF REPENTANCE

LORD, I seek you today, in hopes that you will hear my cry. As I lay at your feet the wrongs of my doings. The sins of my mind. The sins against my brethren. The sins against you. The sins against my family. The sins that I unknowingly have committed. The sins that are presented in my actions and the sins of my heart. Forgive me LORD. My heart has been hardened and I ask you to soften my heart so that you may penetrate it with your Word. Guide me in the way that does not take in vain the sacrifice of your Son, Jesus. Turn me away and provide me a way of reproof that I may begin to walk in the straight and narrow.



REPENTANCE IS:

- A turning away from sin and turning back to God (Acts 3:19).
- A change of heart and mind that leads to changed actions.
- A gift from God that brings forgiveness and restoration (2 Timothy 2:25).
- An ongoing posture of humility and obedience.
- A doorway to renewal, healing, and deeper intimacy with Christ.

REPENTANCE IS NOT:

- Just saying “I’m sorry” without real change.
- A one-time event that you never return to.
- Living in guilt, shame, or condemnation.
- Something you can achieve in your own strength.
- About perfection. It’s about direction and surrender.

Reflection:

Repentance is more than saying sorry; it is allowing God to search the hidden places of our hearts and reveal what is keeping us from Him. Sometimes the hardest sins to face are the ones we are blind to; the attitudes, thoughts, or habits that linger in the dark corners of our lives. Psalm 139 reminds us that God knows us fully and desires to lead us into freedom, not shame. When we open ourselves to His correction, we invite Him to turn us away from sin and guide us into His everlasting way.

[illegible]

Allow the Bell to Stop Ringing (Psalm 103:10-12)

PRAYER OF FORGIVENESS

Dear God, I am burdened. I know that you have forgiven me. I know that you also say to forgive others just as you have forgiven me, however I am having a hard time. I am holding onto so much and I just find it hard to let go of the feelings. Feelings of unworthiness to even be forgiven by you. Feelings of others unworthiness to be forgiven by me. Yet still you have forgiven me despite, so help me forgive myself and others.

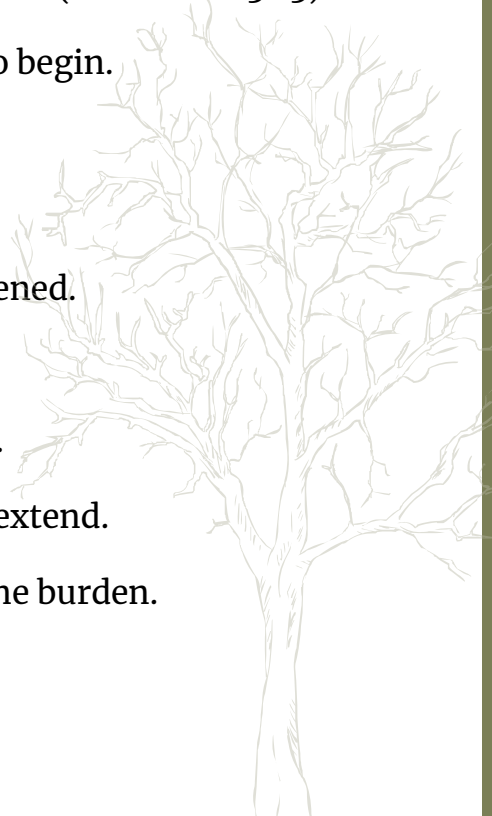


FORGIVENESS IS:

- A command from God to release others as He has released you (Ephesians 4:32).
- A choice to let go of resentment and entrust justice to God.
- An act of obedience that frees your heart and restores peace.
- A reflection of God's mercy toward us through Christ (Colossians 3:13).
- A process that allows healing and reconciliation to begin.

FORGIVENESS IS NOT:

- Forgetting the wrong or pretending it never happened.
- Excusing sin or saying the offense was okay.
- Instant trust being restored, trust must be rebuilt.
- Something earned by the offender; it is a gift you extend.
- A feeling. It's a decision to obey God and release the burden.



Reflection:

Forgiveness is not about denying the pain caused but releasing its hold onto your heart. Just as Christ released you from the weight of your sin, you can release others and yourself into His mercy. Forgiveness is the moment when the bell stops ringing and your heart begins to rest.

[illegible]

Your Chains Have Broken

(2 Corinthians 3:17)

PRAYER OF FREEDOM

Lord, in you there is freedom. There is peace, assurance, hope, and love in you. In you there is rest. In my own flesh nature Lord, I am in bondage, but you saw fit to set me free by the death, burial, and resurrection of your son, Jesus Christ. By your Word and Spirit, I am no longer a slave. Help me to walk in inherited freedom with confidence. Not confined merely by laws and regulations but by your Spirit. Thank you Lord for this freedom and remind me daily that this gift is mine to take daily.

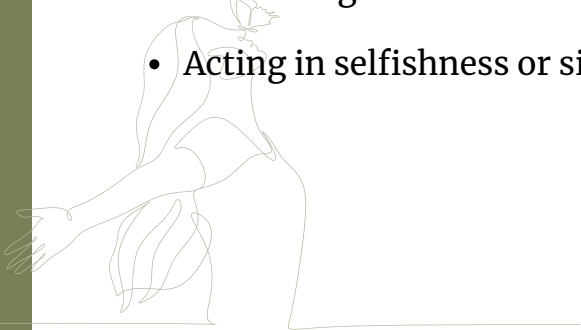


FREEDOM IS:

- Life and liberty in Christ (Galatians 5:1)
- Walking in the Spirit, guided by God's truth.
- Peace, hope, love, and confidence in your inheritance.
- Choosing obedience and alignment with God over sin.
- Experiencing rest from guilt, fear, and condemnation.

FREEDOM IS NOT:

- Merely doing whatever you want.
- Escaping responsibility or accountability. Living without direction or restraint.
- Something earned. It is a gift from God.
- Acting in selfishness or sin under the guise of liberty.



Reflection:

In Christ, we are set free from the chains of sin, guilt, and fear. True freedom is not merely the ability to do as we please it is the power to live in alignment with God, walking in peace, assurance, and love. Our inheritance in Christ allows us to live confidently, guided by the Spirit rather than by rules or our own strength. Each day, we can choose to step into that freedom and experience the rest He provides.

[illegible]

Stillness of the Mind is Surrendering of the Soul

(Isaiah 30:15)

PRAYER OF STILLNESS

Dear Lord, you lead me by quiet still waters and refresh my soul. Today, give me the stillness in my mind. Calm my anxieties, calm my fear, calm my default mode of human control. Go before me, rest in my heart, and bring me peace. Help me to guard my own thoughts that they may reflect you and your goodness. Bring into my mind your will and desires. In this day of stillness, I seek you Lord and will wait on your word.



STILLNESS IS:

- Surrendering your mind and heart to God.
- Pausing to listen for His voice.
- Resting in His presence, even amidst chaos.
- Guarding thoughts and allowing God's truth to take root.
- Trusting God's timing and guidance.

STILLNESS IS NOT:

- Doing nothing because you are lazy or passive.
- Ignoring responsibilities or challenges.
- Avoiding action out of fear.
- A mind devoid of focus or discipline.
- Control over circumstances in your own strength.



Reflection:

True stillness is not the absence of activity but the surrender of our hearts and minds to God. In stillness, we allow Him to lead, refresh, and guide us. When anxieties, fears, and the desire to control take over, we miss the gentle voice of God. Today, surrender your thoughts, pause your striving, and wait on the Lord. In this stillness, your soul aligns with His, and peace replaces turmoil.

[illegible]

Align in His Authority

(James 4:7)

Fast Day 1

Lord when I committed my life to you, I made the decision to put you as the head of my life. You have authority over me, and you alone are my ruler. As your child, I follow you for guidance and assurance. You have never failed me, and my trust is in you. You are my shepherd and I am your sheep, waiting for your guidance. You are the source of my life and because of this you shall remain the first and last in my life.

Reflection:

Committing to God's authority means surrendering your own will and trusting His guidance in every part of your life. Just as a sheep follows the voice of its shepherd, we follow Christ, knowing He directs our steps with perfect wisdom. Fasting is a physical way to align our hearts with Him, focusing on His leadership and putting His desires above our own. Use this day to pause, seek His voice, and reaffirm that He is first in all you do.



Remembering God's Works (Psalm 77:11-12)

Fast Day 2

Dear God, life without you is a blur but I know I do not want to go back. Life with you is hard but worth it. You have carried me and brought me out of some dangerous, tough, hard, and unlikeable situations. You have gone before me and made all things work for your good in which your people have benefited. You have provided when there was no inkling of how things were going to work out. I am not perfect, but you are and since I accepted your call on my life, there has been meaning and purpose. Thank you, Lord, for choosing me for I know this life is way better.

Reflection:

Fasting helps us pause and remember. In the quiet, our hearts are reminded of God's faithfulness; how He has carried us through struggles, provided in the unknown, and turned difficult seasons into testimonies of His goodness.

Life without Him may feel easier in the moment but always leads to emptiness. Life with Him, though challenging, is full of meaning, purpose, and eternal hope. Today, as you fast, meditate on the miracles He has already done in your life. Let gratitude be your anchor and memory be your fuel to trust Him more deeply.



A Choice Made Daily (Psalm 143:8)

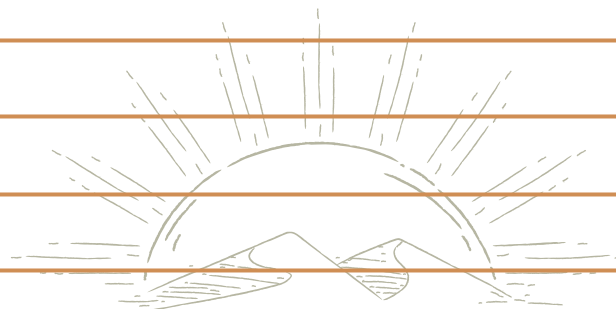
Fast Day 3

Every day Lord take my hand. Everyday Lord guide me. Everyday Lord humble me. Everyday from here on out, I welcome you into my heart. To mold me, to prune me, to use me, to love me. This will not be easy in my own might, but I know that you will carry me. Thank you in advance for the new life everyday from here on out. I relinquish my will and partake in yours daily. For your ways are better than my ways

Reflection:

Choosing God is not a one-time event but a daily decision. Each morning brings a fresh opportunity to surrender our own desires and align with His.

When you humble yourself and allow Him to mold and prune you, you become more like Christ. What part of your life today do you need to lay down in order to fully follow Him?





La'Carol Pratt is the Founder/Operator of Biblically Fit Learning LLC. Biblically Fit Learning LLC is an organization that exists to strengthen the mind & equip Christian disciples. Through tailored teach tools/class we strive to grow the spirit in order to live out faith in truth and obedience.

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