



## WEEK 2: THE VERTICAL LOCK-IN (JAN 12 – 18)

### MEDITATION QUESTIONS:

#### FOCUS: STRENGTHENING THE SECRET PLACE.

**FAST:** LIMIT ANY NON-ESSENTIAL SOCIAL MEDIA TO 1 COLLECTIVE HOUR A DAY OR LESS OR SACRIFICE ONE MEAL PER DAY.

**PRAYER FOCUS:** INTIMACY OVER ACTIVITY. PRAYING FOR A "NEW HEART."

**BIBLE READING:** JOHN 14-17 (THE UPPER ROOM DISCOURSE).

**DISCIPLINE (FINANCIAL):** THE STEWARD'S FINANCIAL AUDIT AVOIDING ALL IMPULSE PURCHASES THIS WEEK AND SAVE. REVIEW YOUR SPENDING FROM 2025. CREATE OR UPDATE YOUR 2026 BUDGET WITH GOD'S PRIORITIES IN MIND. COMMIT TO GIVE YOUR TITHE AND OFFERINGS CONSISTENTLY.

1. JESUS SAYS "REMAIN IN ME." WHAT SPECIFIC DISTRACTIONS HAVE PULLED ME OUT OF "ABIDING"? (JOHN 15:4)
2. HOW DOES KNOWING I AM A "FRIEND" OF GOD CHANGE HOW I APPROACH HIM IN PRAYER? (JOHN 15:15)

### 26 MINS DAILY PRAYER STRUCTURE GUIDE (IF NEEDED)

- 0-5M: ADORATION & PRAISE (ACKNOWLEDGE WHO GOD IS).
- 5-10M: CONFESSION & HEART CHECK (INVITE THE SPIRIT TO SEARCH YOU).
- 10-20M: INTERCESSION (PRAY FOR THE WEEKLY FOCUS AND OTHERS).
- 20-26M: PETITION & THANKSGIVING (YOUR NEEDS AND GRATITUDE).

### DAILY REFLECTION PROMPTS (26 MINS)

- WHAT IS ONE VERSE I READ TODAY THAT FELT WRITTEN SPECIFICALLY FOR ME?
- ON A SCALE OF 1-10, HOW "LOCKED IN" IS MY FOCUS TODAY?
- WHERE DID I SEE GOD'S HAND AT WORK IN THE LAST 24 HOURS?

SUBSCRIBE TO OUR YOUTUBE CHANNEL:  
PLACE OF CHANGE FOR ENCOURAGEMENT VIDEOS.



## WEEK 3: THE SOCIAL LOCK-IN (JAN 19 - 25)

### MEDITATION QUESTIONS:

**FOCUS:** KINGDOM RELATIONSHIPS AND COMMUNITY.

**FAST:** LIQUIDS (INCLUDING JUICING) ONLY UNTIL 12 NOON **OR** ABSTAINING FROM FRIED FOODS.

**PRAYER FOCUS:** UNITY IN THE CHURCH AND THE "PLACE OF CHANGE" VISION.

**BIBLE READING:** EPHESIANS.

**DISCIPLINE (SOCIAL):** INTENTIONAL ENCOURAGEMENT AND PRACTICE ACTIVE LISTENING WITHOUT THE NEED TO RESPOND OR FIX. SEND A DAILY NOTE/TEXT OF GRATITUDE TO SOMEONE OR CREATE A HEALTHY PRAYER / BIBLE STUDY CIRCLE THIS WEEK. SET CLEAR BOUNDARIES WITH TIME-DRAINING OR TOXIC RELATIONSHIPS.

1. AM I WALKING IN THE "UNITY OF THE SPIRIT," OR AM I HARBORING A GRUDGE? (EPH 4:3)
2. WHAT PART OF MY "OLD SELF" IS STILL TRYING TO SNEAK INTO MY 2026 WALK? (EPH 4:22-24)

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- 10-20M: INTERCESSION (PRAY FOR THE WEEKLY FOCUS AND OTHERS).
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### DAILY REFLECTION PROMPTS (26 MINS)

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- ON A SCALE OF 1-10, HOW "LOCKED IN" IS MY FOCUS TODAY?
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## WEEK 4: THE FORWARD LOCK-IN (JAN 26 – 30)

### MEDITATION QUESTIONS:

**FOCUS:** POWER, PURPOSE, AND PERSISTENCE.

**FAST:** FAST OF YOUR CHOICE.

**PRAYER FOCUS:** BOLDNESS TO WITNESS AND CLARITY FOR YOUR 2026 ASSIGNMENT.

**BIBLE READING:** 2 PETER 1 & JOSHUA 1.

**DISCIPLINE (PERSONAL):** THE VISION PLAN. WRITE 3 DECISIONS/DISCIPLINES YOU WILL MAKE AND THE CONSEQUENCES/POSSIBILITIES YOU BELIEVE COULD COME FROM THEM (FUTURES' WHEEL).

1. WHICH QUALITY (SELF-CONTROL, PERSEVERANCE, ETC.) DO I NEED TO "SUPPLEMENT" MY FAITH WITH? (2 PET 1:5-6)
2. HOW CAN I STAY "LOCKED IN" THROUGH THE END OF THE YEAR? (JOSHUA 1:8)

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- 10-20M: INTERCESSION (PRAY FOR THE WEEKLY FOCUS AND OTHERS).
- 20-26M: PETITION & THANKSGIVING (YOUR NEEDS AND GRATITUDE).

### DAILY REFLECTION PROMPTS (26 MINS)

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- ON A SCALE OF 1-10, HOW "LOCKED IN" IS MY FOCUS TODAY?
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