



7 DAYS OF TRANSFORMATION

A 7-DAY FAST & DEVOTIONAL EXPERIENCE

*Seek His Face. Experience His Power.
Walk in His Purpose.*

DAY 1 – DAY 7
JULY 1 – JULY 7, 2025

Yet even now,
declares the Lord,
return to Me with
all your heart, with fasting,
with weeping, and
with mourning.

JOEL 2:12

WITH LOVE & EXPECTATION,

Pastor Sheryl Hill & Prophet Michael Sosi

Welcome!

Grace and peace to you in the mighty name of Jesus!

We are so honored that you have chosen to join us for this time of fasting and prayer. These seven days are more than a religious exercise—they are a divine invitation to draw near to the heart of our Father.

Fasting is our way of saying, “Lord, I want more of You.” As we humble ourselves, He promises to fill us, restore us, and strengthen us for all He has called us to do. Together, let us believe for breakthrough, healing, direction, peace, and a renewed passion for His presence.

HOW TO USE THIS DEVOTIONAL

- ♥ Use your Bible and read the scriptures outlined
- ♥ Read the morning devotion to start your day focused on God.
- ♥ Pause at midday to reflect, pray, and reset your heart.
- ♥ End each evening with the devotional and prayer of focus.
- ♥ Use the journaling pages to write what God is speaking to you.

We believe these seven days will create a spiritual shift that will continue to impact your life long after the fast is over.

We are praying for you!

With love, faith, and expectation,



Prophet Michael Sosi
PROPHET MICHAEL



Pastor Sheryl
PASTOR SHERYL

“

“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” 2 Chronicles 7:14

”



DAY ONE

PREPARATION & REPENTANCE

Theme: Creating Room for God

MORNING

Joel 2:12-13: "Return to Me with all your heart..."

Devotional

Fasting is not merely the act of abstaining from food; it is an invitation to return to God with our whole heart. Through the prophet Joel, God reminds His people that He is not interested in outward displays of religion if the heart remains unchanged. He says, "Rend your heart, not your garments." In biblical times people tore their clothing as a sign of grief, but God desired something much deeper—true repentance.

As we begin this seven-day journey, resist the temptation to focus solely on what you are giving up. Instead, focus on Who you are drawing near to. Ask the Holy Spirit to expose anything that has quietly taken His rightful place in your heart—whether pride, fear, unforgiveness, distractions, or misplaced priorities.

God's invitation is not one of condemnation but of compassion. Joel reminds us that He is "gracious and merciful, slow to anger and abounding in steadfast love." No matter where you've been, God welcomes every sincere heart that turns toward Him.

Reflection

Lord, what area of my heart needs to fully return to You today?

MIDDAY

Psalms 51:1-12: "Create in me a clean heart, O God..."

Devotional

David understood that sin's greatest damage was not simply the wrong he had committed but the distance it created between himself and God. His prayer was not merely, "Forgive me," but "Create in me a clean heart."

The word "create" is significant. David recognized that only God could perform this miracle. We cannot purify ourselves through willpower. Transformation is the work of the Holy Spirit. As you pause in the middle of your day, allow God to search every hidden place within you. Confession is never about shame; it is about freedom. Every surrendered heart becomes fertile ground for God to work.

Ask Him to renew your joy. Many believers continue serving without joy because they have forgotten that forgiveness restores delight in God's presence.

Reflection

Have I invited God to search every hidden area of my life, or only the comfortable ones?



EVENING

Matthew 6:16-18: "When you fast..."

Devotional

Jesus never said "if" you fast—He said "when." He assumed fasting would become part of the normal life of His followers. Yet He immediately warned against making fasting a performance.

Our culture celebrates what is seen, but God's Kingdom values what is hidden. The Father sees every private prayer, every quiet surrender, every sacrifice no one else knows about.

Tonight, resist any desire for recognition. Your reward is not the admiration of people but deeper intimacy with your Father. He delights in those who seek Him simply because they love Him.

As Day One comes to an end, remember that God has seen every moment of your obedience today.

Reflection

Am I fasting to get something from God, or to know Him more deeply?

Prayer of Focus

Father,

Today I lay down every distraction, every burden, every hidden sin, and every weight that has hindered my walk with You. Search my heart and reveal anything that does not honor You. Wash me in the blood of Jesus and create within me a clean heart.

Renew my passion for Your presence. Remove every idol, every fear, every prideful attitude, and every habit that competes for my affection. Let this fast become more than a religious exercise—let it become a divine appointment that changes me forever.

May my hunger for You become greater than my hunger for anything this world can offer.

I surrender myself completely to You.

In Jesus' name,

Amen.

Daily Declaration

Today I choose repentance over pride, surrender over self, and intimacy over routine. My heart belongs completely to Jesus. I am being cleansed, renewed, and prepared for everything God desires to do in my life.



EVENING

Matthew 6:16-18: "When you fast..."

Devotional

Jesus never said "if" you fast—He said "when." He assumed fasting would become part of the normal life of His followers. Yet He immediately warned against making fasting a performance.

Our culture celebrates what is seen, but God's Kingdom values what is hidden. The Father sees every private prayer, every quiet surrender, every sacrifice no one else knows about.

Tonight, resist any desire for recognition. Your reward is not the admiration of people but deeper intimacy with your Father. He delights in those who seek Him simply because they love Him.

As Day One comes to an end, remember that God has seen every moment of your obedience today.

Reflection

Am I fasting to get something from God, or to know Him more deeply?

Prayer of Focus

Father,

Today I lay down every distraction, every burden, every hidden sin, and every weight that has hindered my walk with You. Search my heart and reveal anything that does not honor You. Wash me in the blood of Jesus and create within me a clean heart.

Renew my passion for Your presence. Remove every idol, every fear, every prideful attitude, and every habit that competes for my affection. Let this fast become more than a religious exercise—let it become a divine appointment that changes me forever.

May my hunger for You become greater than my hunger for anything this world can offer.

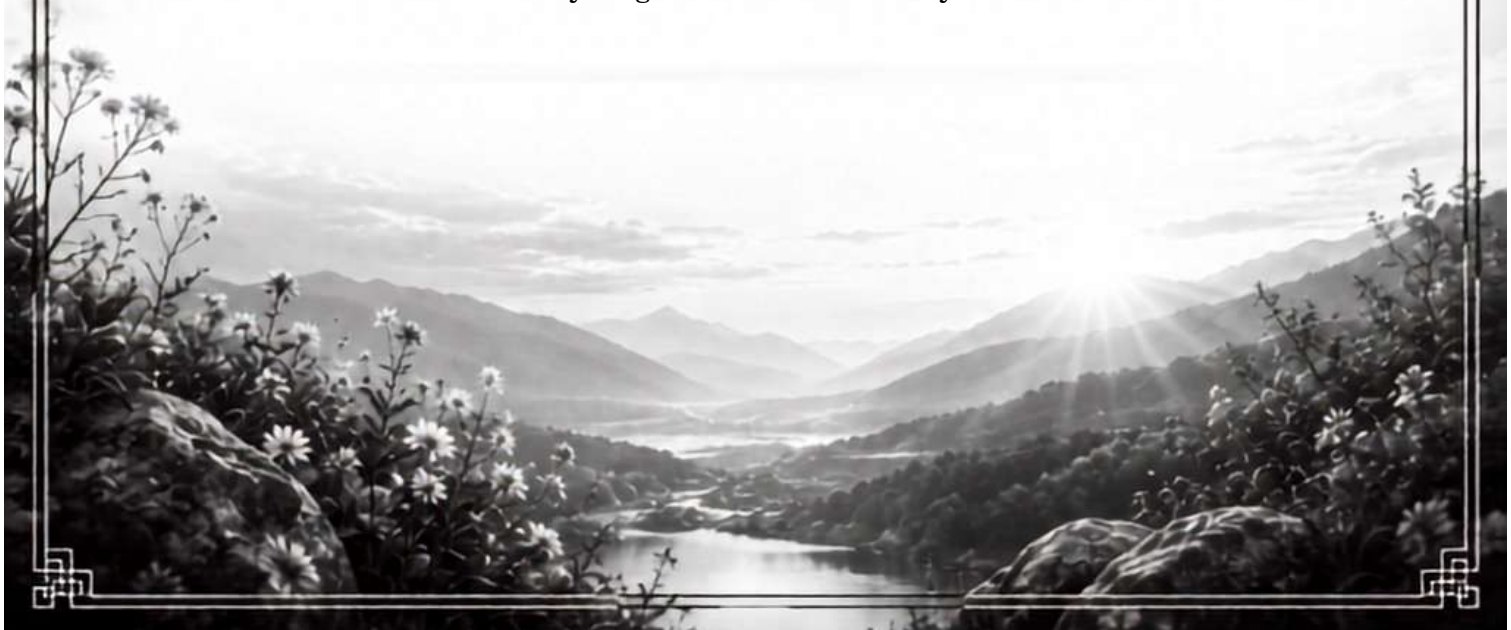
I surrender myself completely to You.

In Jesus' name,

Amen.

Daily Declaration

Today I choose repentance over pride, surrender over self, and intimacy over routine. My heart belongs completely to Jesus. I am being cleansed, renewed, and prepared for everything God desires to do in my life.



My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY TWO

SEEKING GOD'S WILL & DIRECTION

Theme: Following the Shepherd's Voice

MORNING

Psalm 25:4-5 "Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me..."

Devotional

One of the greatest blessings of fasting is that it quiets the many voices competing for our attention so we can hear the voice that matters most—the voice of God. David's prayer was not simply for answers but for guidance. He longed to know God's ways, not merely His blessings.

There is a difference between asking God to bless our plans and asking Him to reveal His plans. During this fast, allow the Lord to redirect your steps if necessary. His path may not always be the easiest, but it is always the safest and most fruitful.

As you begin today, surrender your agenda to the Lord. Invite Him to teach you what you do not know, correct what you have misunderstood, and lead you where you would not naturally choose to go. The Shepherd never leads His sheep where His grace cannot sustain them.

Reflection

Am I asking God to approve my plans, or am I asking Him to reveal His?

MIDDAY

Proverbs 3:5-6 "Trust in the Lord with all your heart..."

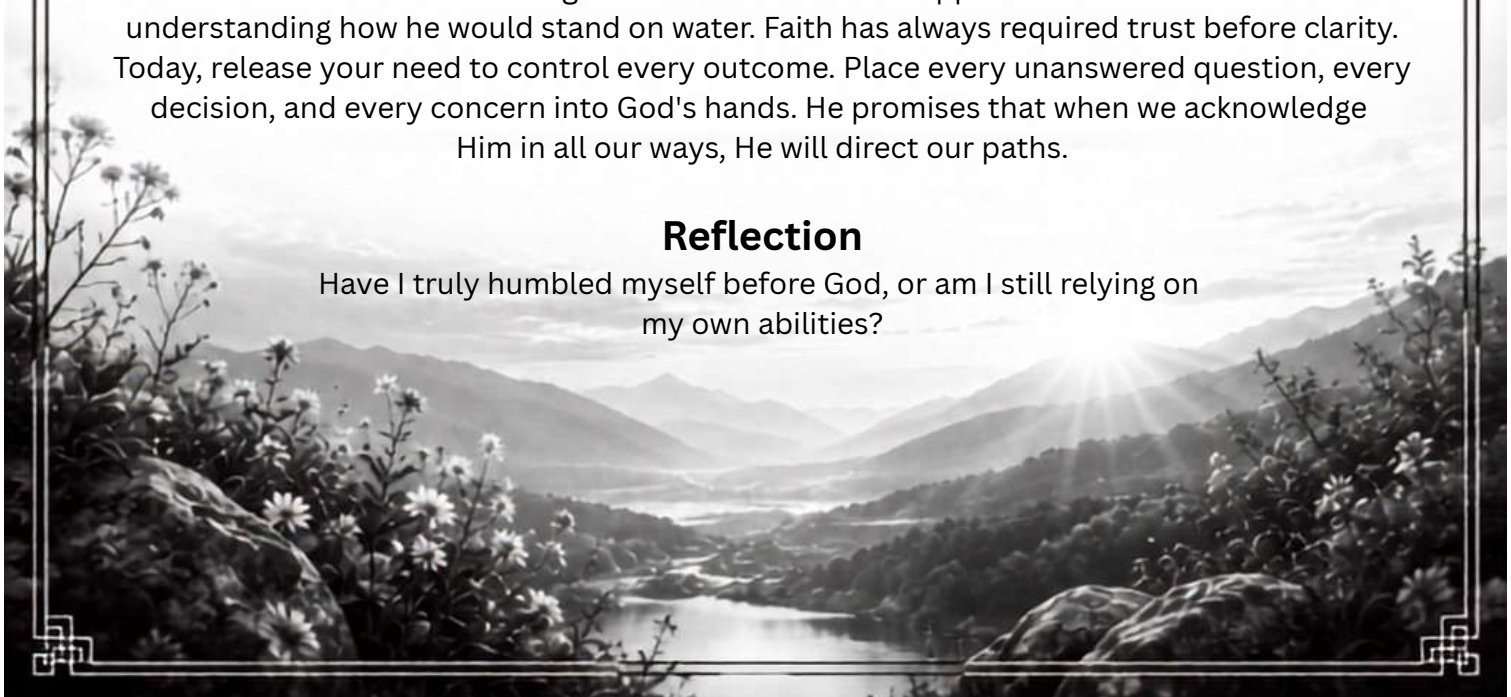
Devotional

Trust is often easy when life makes sense. It becomes much more difficult when the road ahead is uncertain. Solomon reminds us that our understanding is limited, but God's wisdom is perfect.

There will be moments when God asks us to obey before He explains. Abraham left his homeland without knowing his destination. Peter stepped out of the boat before understanding how he would stand on water. Faith has always required trust before clarity. Today, release your need to control every outcome. Place every unanswered question, every decision, and every concern into God's hands. He promises that when we acknowledge Him in all our ways, He will direct our paths.

Reflection

Have I truly humbled myself before God, or am I still relying on my own abilities?



EVENING

Ezra 8:21-23

"Then I proclaimed a fast...that we might humble ourselves before our God..."

Devotional

Ezra understood that there were some journeys that required more than preparation—they required dependence upon God. Before leading God's people on a dangerous journey, he called everyone to fast and pray for protection and direction. Notice that fasting was connected to humility. When we fast, we acknowledge that our greatest strength is not found in ourselves but in God. We recognize our need for His wisdom, His covering, and His favor.

As this day comes to a close, remember that the Lord delights in directing those who willingly submit their lives to Him. The safest place you can ever be is in the center of God's will.

Reflection

Have I truly humbled myself before God, or am I still relying on my own abilities?

Prayer of Focus

Father,

Today I surrender my plans, my timeline, and my expectations to You. Teach me Your ways and lead me along the path You have prepared for me. Quiet every competing voice so I may recognize Yours with greater clarity.

Give me courage to obey even when I do not fully understand. Help me trust Your wisdom above my own and Your timing above my own desires. Close every door that is not Your will, and open every door You have ordained for my life.

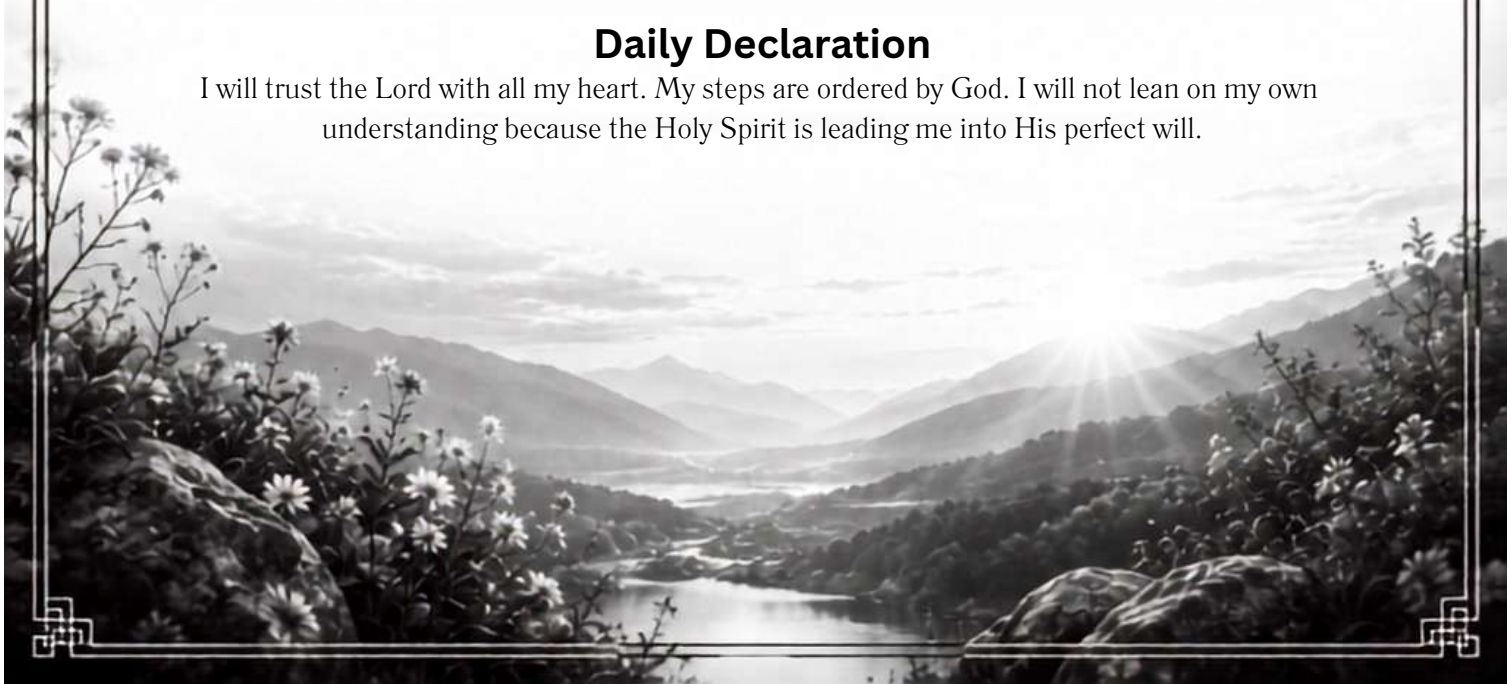
May I walk confidently knowing that You are ordering my steps.

In Jesus' name,

Amen.

Daily Declaration

I will trust the Lord with all my heart. My steps are ordered by God. I will not lean on my own understanding because the Holy Spirit is leading me into His perfect will.



My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY THREE

WALKING IN FREEDOM

Theme: Breaking Every Chain

The focus of Day Three shifts from surrendering our hearts to allowing God to break every chain that has tried to keep us bound. Freedom is not simply the absence of bondage—it is the ability to fully walk in the purpose Christ purchased for us. Today we fast believing that every stronghold, habit, fear, and spiritual burden must bow before the authority of Jesus Christ.

MORNING

Isaiah 58:6-7: "Is not this the fast that I have chosen..."

Devotional

Through Isaiah, God reminds His people that the fast He desires produces more than personal sacrifice—it produces transformation. A God-honoring fast loosens the chains of injustice, breaks yokes of oppression, and moves us toward compassion and obedience.

Sometimes we ask God to remove chains while continuing to hold onto the very attitudes or behaviors that keep us bound. True freedom begins when we surrender completely. Fasting is an opportunity to lay every burden before the Lord and allow Him to do what only He can do.

Today, ask the Holy Spirit to reveal anything that has quietly become a spiritual stronghold. Remember that no chain is stronger than the One who came to set captives free.

Reflection

What chain or burden am I believing God to break during this fast?

MIDDAY

Galatians 5:1: "Stand fast therefore in the liberty by which Christ has made us free..."

Devotional

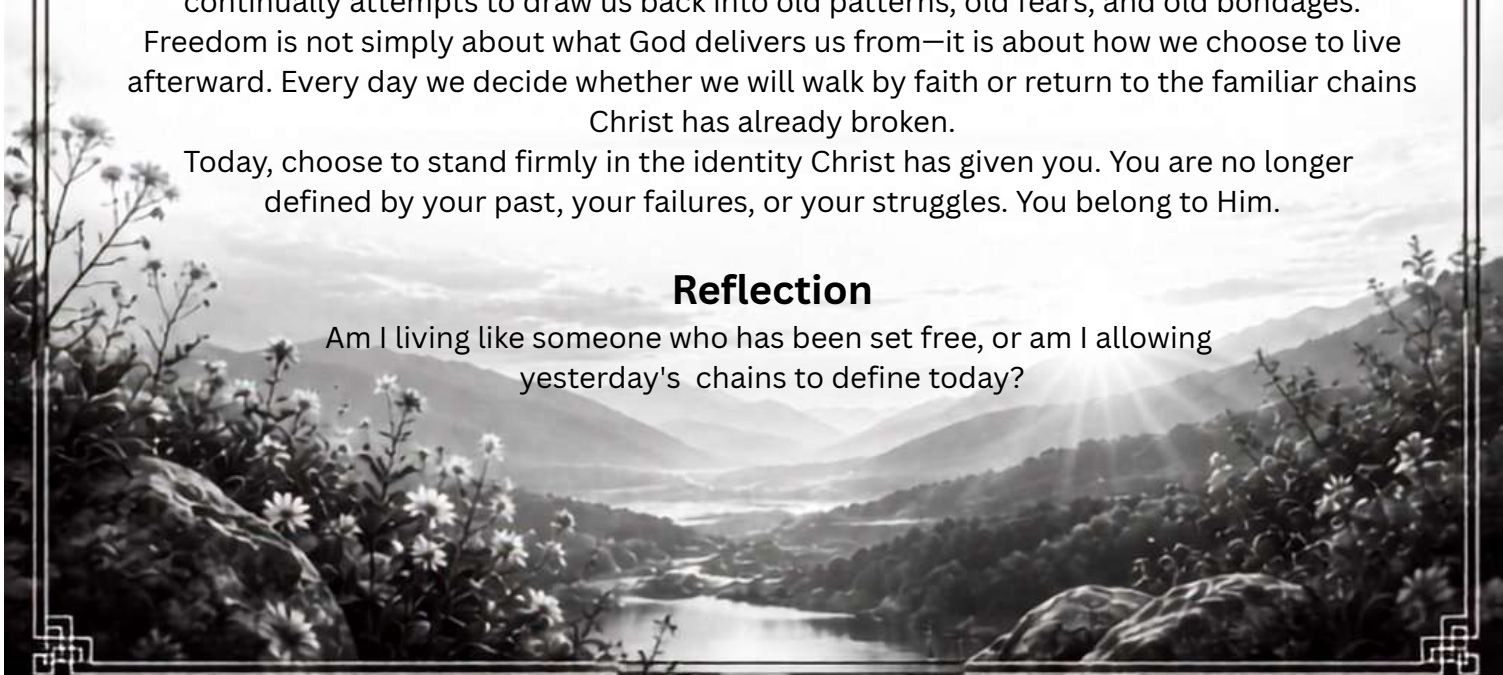
Freedom is both a gift and a responsibility. Christ has already purchased our liberty through His sacrifice, yet Paul urges believers to "stand fast" in that freedom. Why? Because the enemy continually attempts to draw us back into old patterns, old fears, and old bondages.

Freedom is not simply about what God delivers us from—it is about how we choose to live afterward. Every day we decide whether we will walk by faith or return to the familiar chains Christ has already broken.

Today, choose to stand firmly in the identity Christ has given you. You are no longer defined by your past, your failures, or your struggles. You belong to Him.

Reflection

Am I living like someone who has been set free, or am I allowing yesterday's chains to define today?



EVENING

Matthew 17:21

"This kind does not go out except by prayer and fasting."

Devotional

Jesus taught His disciples that some spiritual victories require deeper dependence upon God. Prayer aligns our hearts with His will, and fasting sharpens our spiritual sensitivity while weakening the influence of the flesh.

The power is never found in the fast itself; the power is found in the God to whom we fast. As we humble ourselves before Him, we position ourselves to experience His authority, His presence, and His victory in greater measure.

Tonight, end the day with confidence. Whatever mountain stands before you is not greater than the God who goes before you.

Reflection

Where is God calling me to persevere in prayer instead of giving up?

Prayer of Focus

Father,

In the name of Jesus, I surrender every chain, every fear, every addiction, every unhealthy habit, every lie, and every burden that has tried to keep me from walking fully in

Your purpose. Break every yoke that

has no authority over my life because of the finished work of Christ.

Strengthen me to stand firmly in the freedom You have already provided. Fill me afresh with Your Holy Spirit and teach me to walk daily in victory, humility, and obedience.

I declare that whom the Son sets free is free indeed.

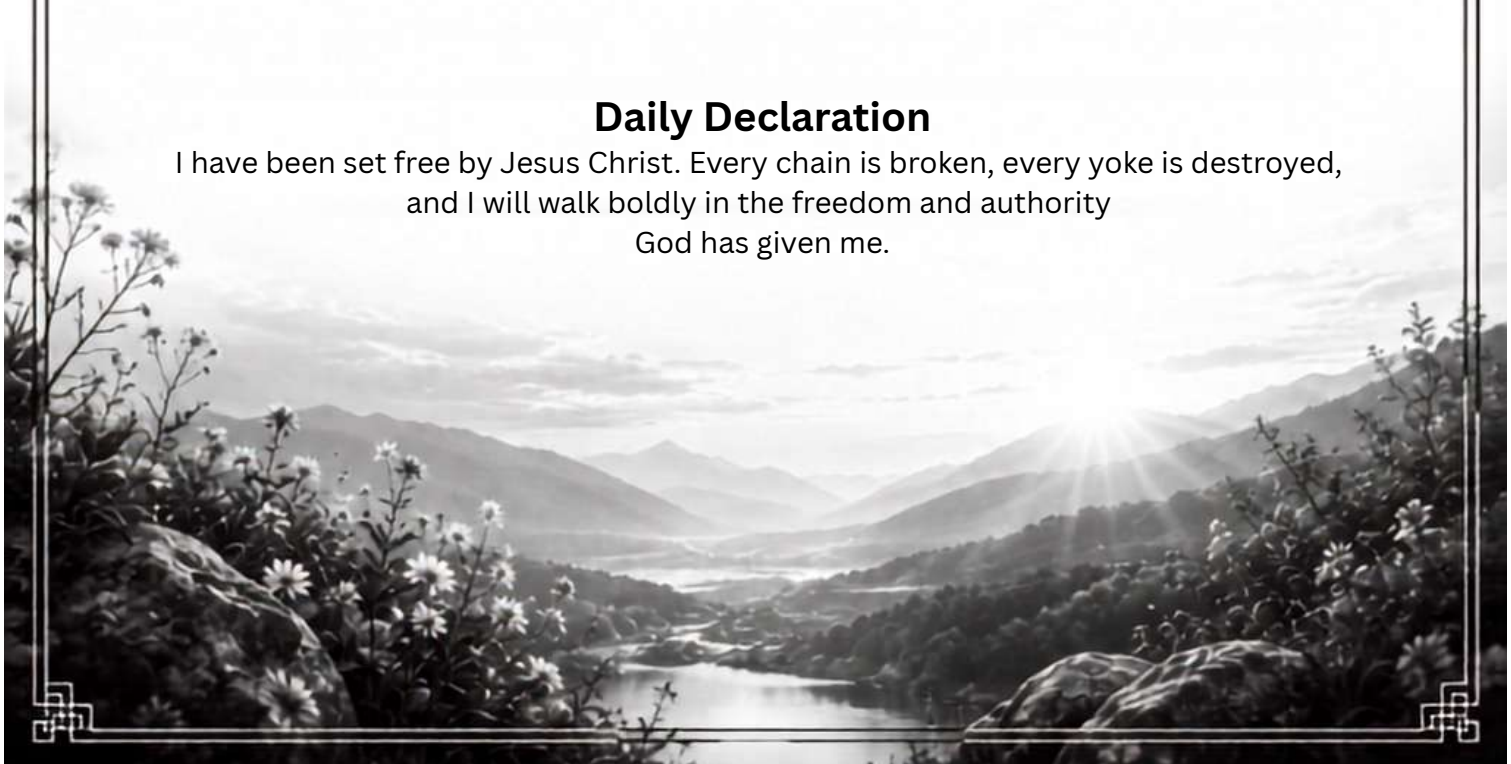
In Jesus' mighty name,

Amen.

Daily Declaration

I have been set free by Jesus Christ. Every chain is broken, every yoke is destroyed, and I will walk boldly in the freedom and authority

God has given me.



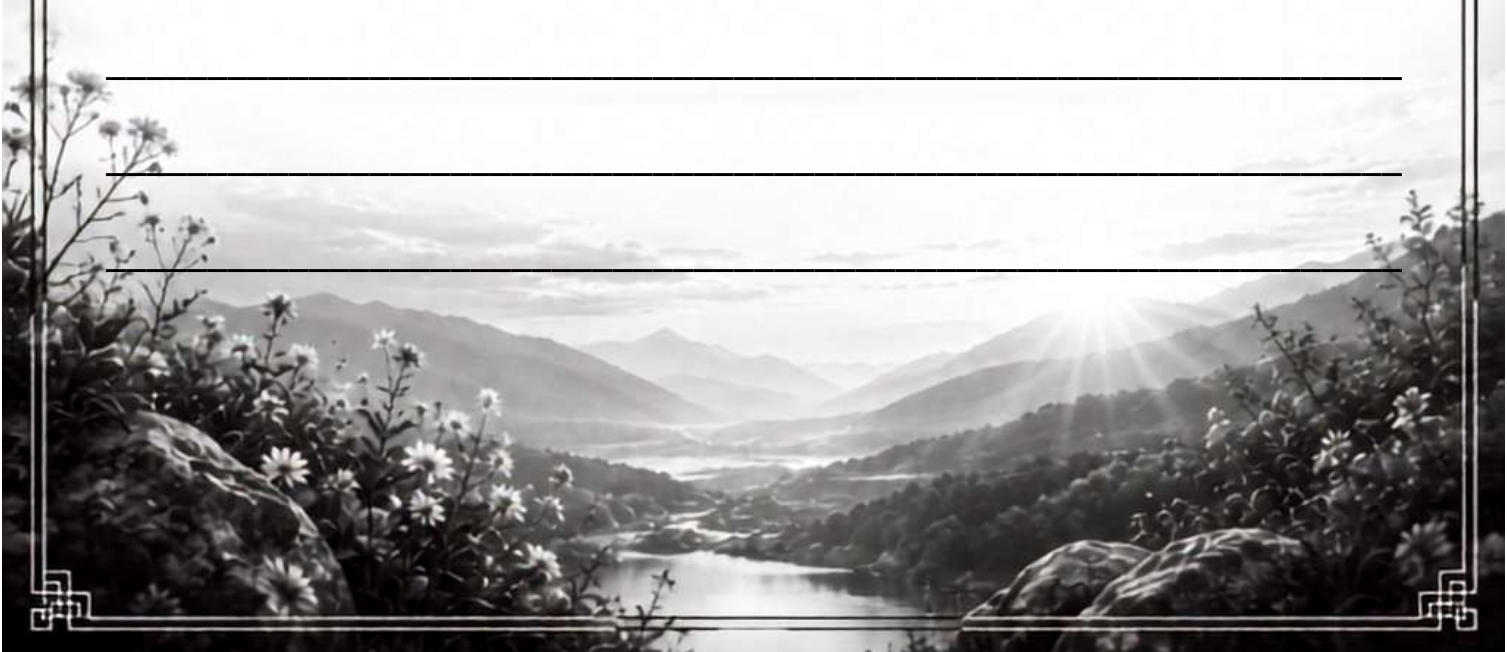
My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY FOUR

SPIRITUAL STRENGTH & ENDURANCE

Theme: Strengthened by His Presence

MORNING

Isaiah 40:29-31: "They that wait upon the Lord shall renew their strength..."

Devotional

One of the greatest misconceptions about strength is that it comes from striving harder. God's strength is not earned—it is received. Isaiah reminds us that even the strongest people become weary, but those who wait upon the Lord find their strength renewed. Waiting on God is more than sitting quietly. It is confidently expecting Him to move while remaining surrendered to His timing. During seasons of fasting, God often teaches us endurance before He gives us the breakthrough we seek.

If you've felt spiritually exhausted, emotionally drained, or physically weary, today is an invitation to exchange your weakness for His strength. The Lord never asks us to carry tomorrow's burdens with today's strength. He provides fresh grace for each new day.

Reflection

Where have I been relying on my own strength instead of God's?

MIDDAY

Ephesians 6:10-13: "Be strong in the Lord and in the power of His might."

Devotional

Paul reminds believers that our greatest battles are not against people but against spiritual forces. That truth changes everything. It reminds us that prayer is never a last resort—it is our greatest weapon.

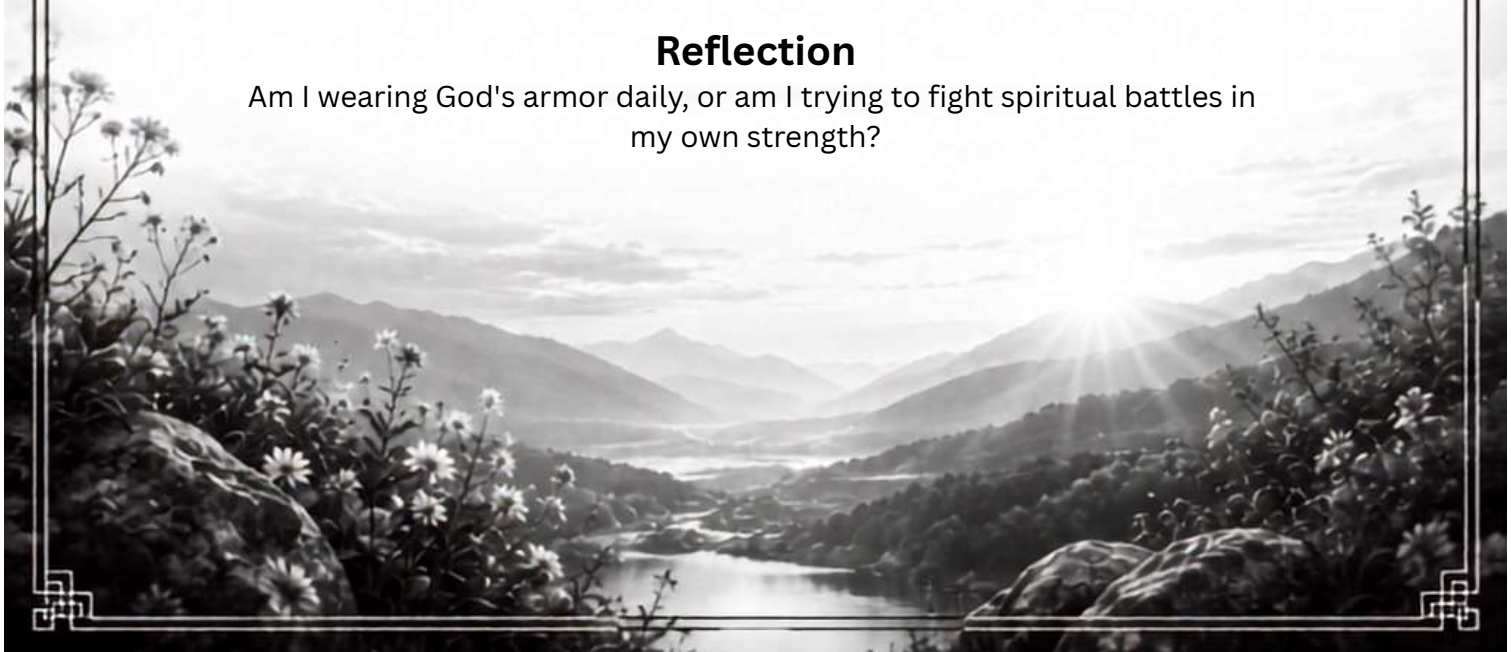
Notice Paul does not tell us to be strong in ourselves. Our confidence comes from God's power working through surrendered lives. Every piece of God's armor points us back to Christ—His truth,

His righteousness, His peace, His salvation, and His Word.

As you continue fasting today, remember that every prayer strengthens your spirit. God is equipping you not only to survive spiritual battles but to stand victorious.

Reflection

Am I wearing God's armor daily, or am I trying to fight spiritual battles in my own strength?



EVENING

Nehemiah 1:4-6

"I sat down and wept... and fasted and prayed before the God of heaven."

Devotional

When Nehemiah learned that Jerusalem lay in ruins, he didn't immediately begin rebuilding walls. He first rebuilt his heart before God through prayer and fasting.

Before God changes circumstances, He often changes His people. Nehemiah's burden became the birthplace of his calling.

Tonight, don't become discouraged if every prayer hasn't yet been answered. God is preparing you while He prepares the answer. Your waiting is never wasted when it is spent in His presence.

Reflection

What burden has God placed on my heart that may actually be revealing my assignment?

Prayer of Focus

Father,

Thank You that Your strength is made perfect in my weakness. Renew every weary place within me.

Strengthen my faith, my mind, my emotions, and my spirit.

Help me stand firm against every attack of the enemy. Teach me to depend upon Your power instead of my own abilities.

Prepare me for every assignment You have planned for my life.

In Jesus' name,

Amen.

Daily Declaration

The joy of the Lord is my strength. I will not grow weary in well doing because God is renewing me day by day. I am clothed in His strength and empowered by His Spirit.



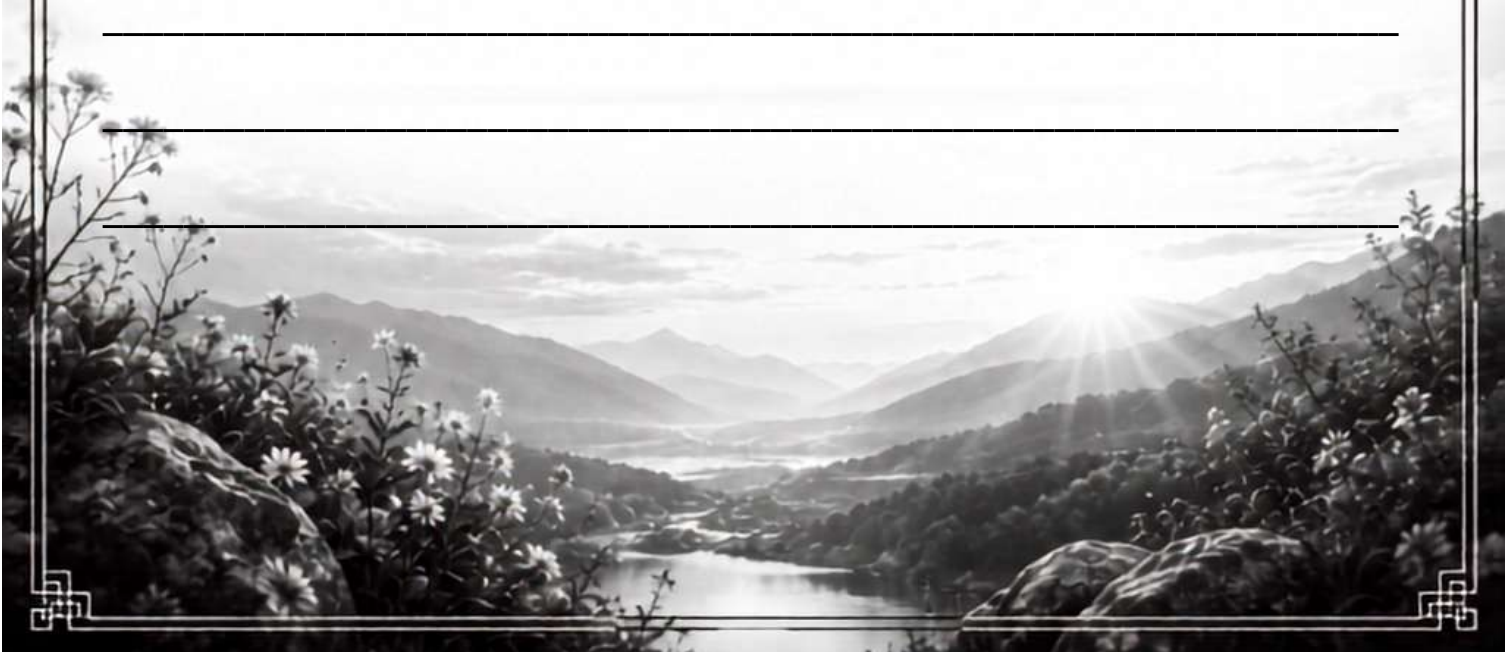
My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY FIVE

HEALING & RESOTRATION

Theme: The God Who Restores

MORNING

Isaiah 53:4-5: "By His stripes we are healed."

Devotional

Long before the cross was ever built, Isaiah saw it. He saw the suffering Servant carrying our grief, bearing our sorrows, and taking upon Himself the punishment we deserved.

Healing is more than physical. Jesus came to heal broken hearts, wounded minds, shattered relationships, and weary souls.

Today, bring every place of pain before Him. Nothing is too broken for the Great Physician.

Reflection

What area of my life needs Christ's healing touch today?



MIDDAY

Psalms 103:1-5: "Who forgives all your iniquities, who heals all your diseases..."

Devotional

David begins by telling his own soul not to forget God's benefits. Sometimes gratitude becomes the doorway through which healing enters.

Remembering God's faithfulness strengthens our faith for today's needs.

The God who has carried you before will carry you again.

Take a few moments today to thank Him—not only for what you're asking Him to do, but for what He has already done.

Reflection

Have I been more focused on my problems than God's faithfulness?



EVENING

Jeremiah 30:17

"For I will restore health unto thee..."

Devotional

Our God is not only a healer—He is a Restorer.

Restoration means God doesn't simply repair what was broken; He brings beauty where there was once devastation. Throughout Scripture, God continually restored what His people thought was lost forever. Whatever feels beyond repair today, place it in His hands. Nothing is impossible for the God who restores.

Reflection

Where do I need to trust God for restoration instead of simply relief?

Prayer of Focus

Father,

Thank You for being Jehovah Rapha, the Lord who heals. I bring every hurt, disappointment, sickness, fear, and broken place before You.

Restore what has been lost. Heal what has been wounded. Strengthen what has grown weak.

Help me trust Your process while believing Your promises.

In Jesus' name,

Amen.

Daily Declaration

Jesus is my Healer. My hope is secure in Him. Restoration is taking place in every area of my life according to God's perfect will.



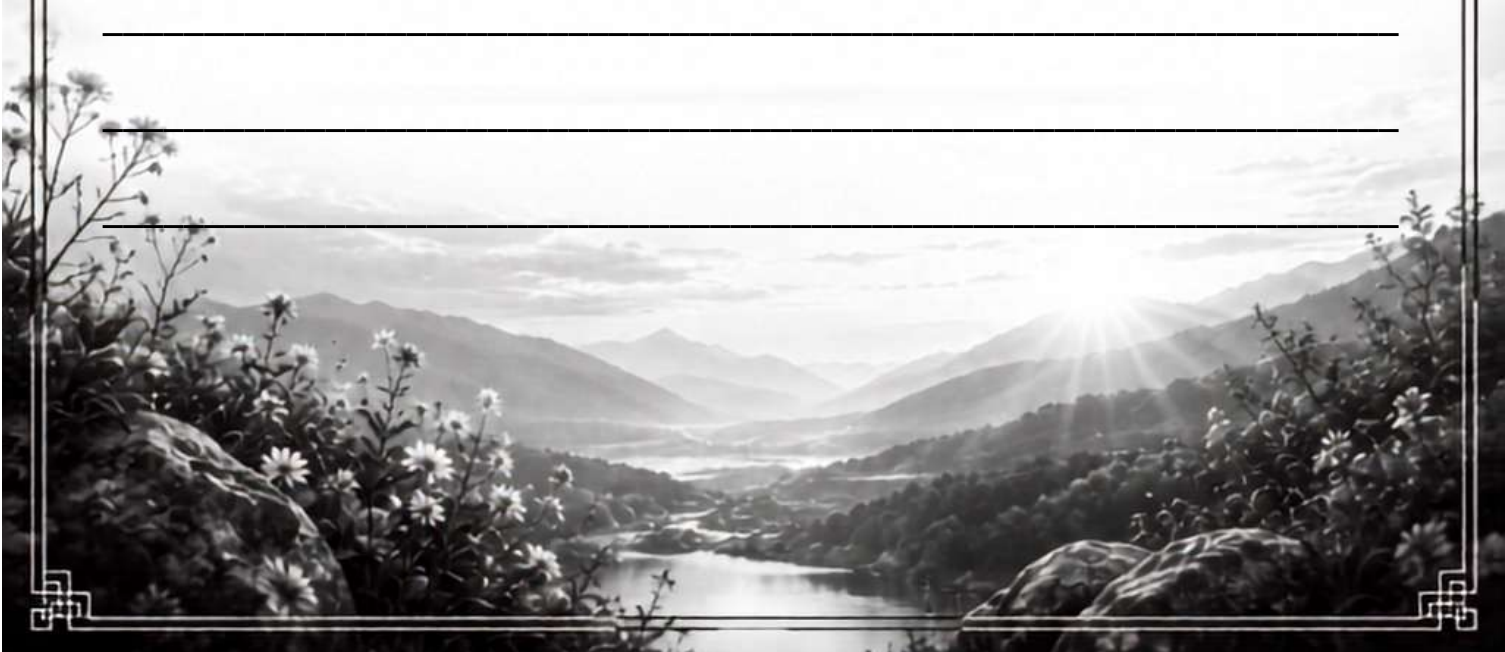
My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY SIX

ANSWERED PRAYER & BREAKTHROUGH

Theme: Praying with Expectation

MORNING

Daniel 9:3-5: "I set my face unto the Lord God..."

Devotional

Daniel teaches us that breakthrough begins with determination. He "set his face" toward God. That phrase speaks of intentionality, focus, and unwavering commitment. Powerful prayers are rarely casual prayers. Daniel approached God with humility, repentance, and confidence in God's covenant faithfulness. Today, set your heart fully upon the Lord. Remove every distraction and seek Him with expectation.

Reflection

What am I believing God for with unwavering faith?



MIDDAY

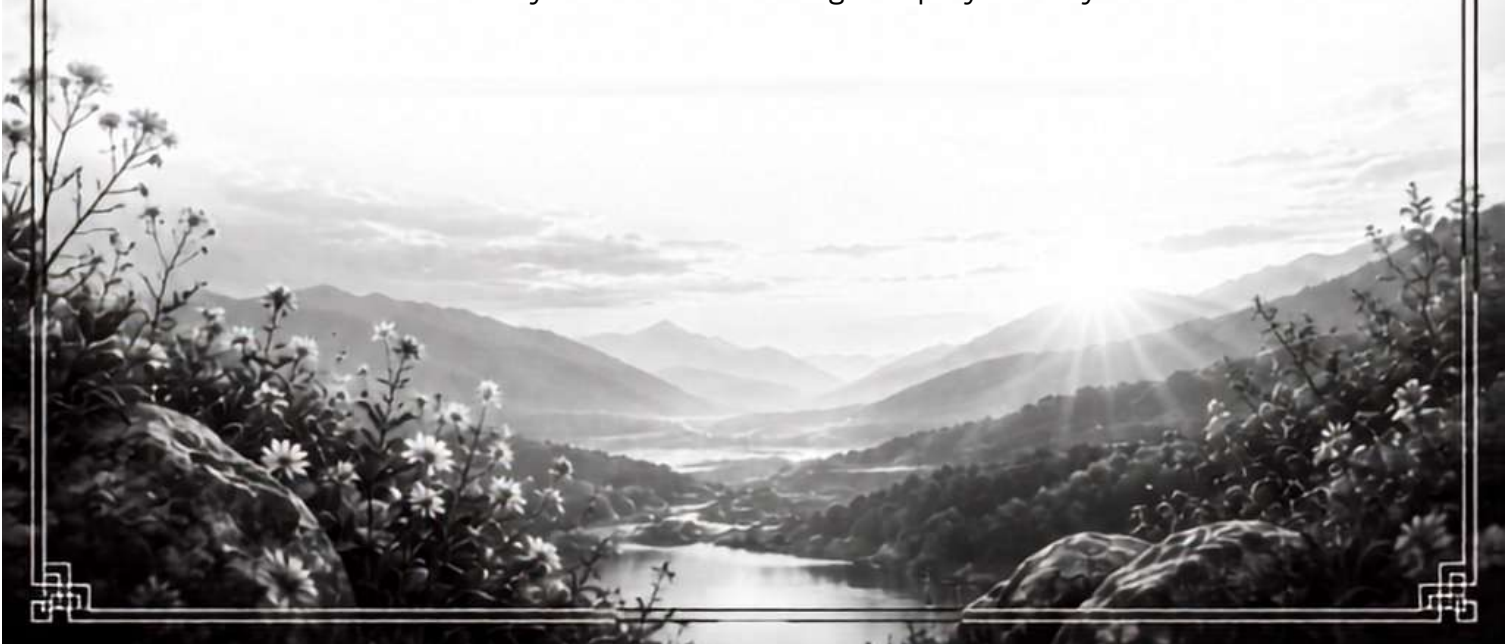
Philippians 4:6-7: "Be anxious for nothing..."

Devotional

Worry and worship cannot occupy the throne of your heart at the same time. Paul reminds us that prayer is God's answer to anxiety. When we exchange worry for prayer and thanksgiving, God responds by guarding our hearts with His supernatural peace. His peace doesn't always remove the storm immediately—but it anchors us securely within it.

Reflection

What anxiety do I need to exchange for prayer today?



EVENING

Mark 11:24

"Believe that you receive them..."

Devotional

Faith believes before it sees.

Jesus teaches that believing is not wishful thinking—it is confident trust in the character of God. Our confidence is not rooted in our circumstances but in the One who cannot fail. Tonight, end this day thanking God in advance for His faithfulness. Praise often precedes breakthrough.

Reflection

Am I praying with expectation or merely hoping something changes?

Prayer of Focus

Father,

Thank You for hearing every prayer I pray according to Your will. Strengthen my faith where it has grown weak.

Replace fear with confidence. Replace anxiety with peace. Replace doubt with unwavering trust.

Teach me to pray boldly, believe faithfully, and wait patiently.

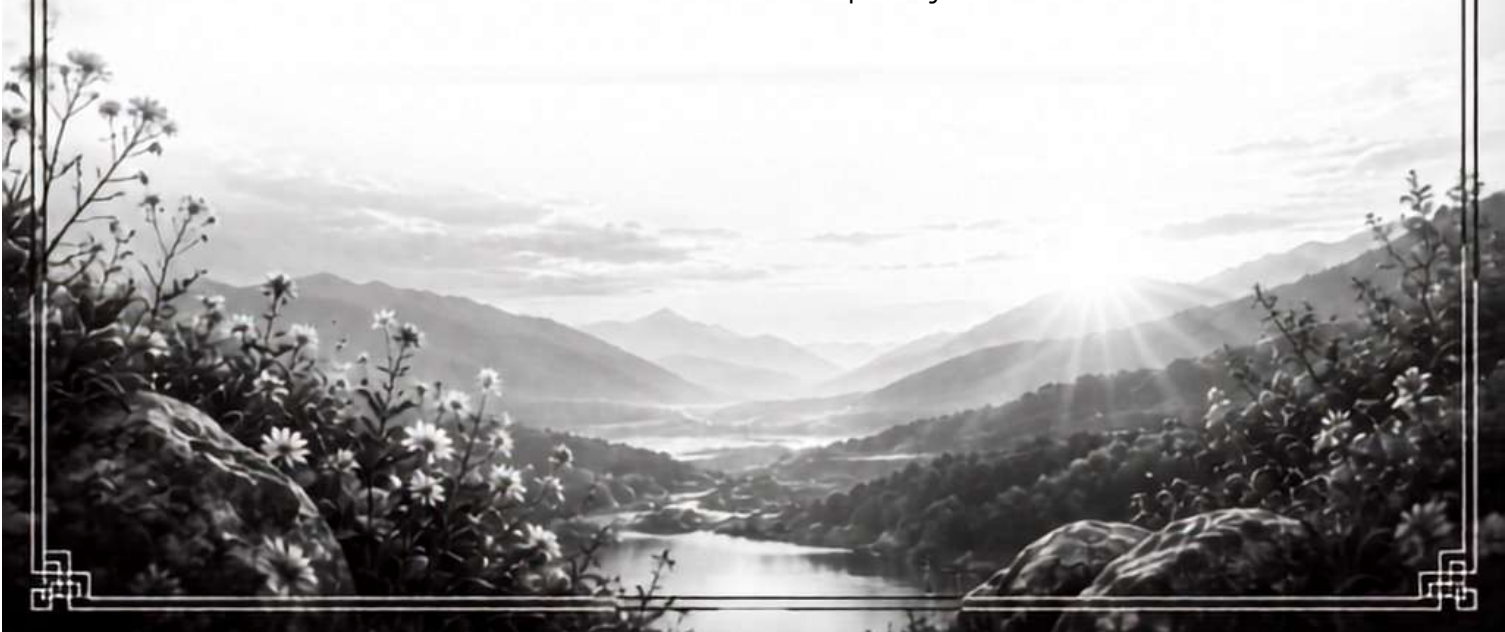
In Jesus' name,

Amen.

Daily Declaration

God hears my prayers. His timing is perfect. I walk by faith and not by sight.

My breakthrough is in His hands,
and I trust Him completely.



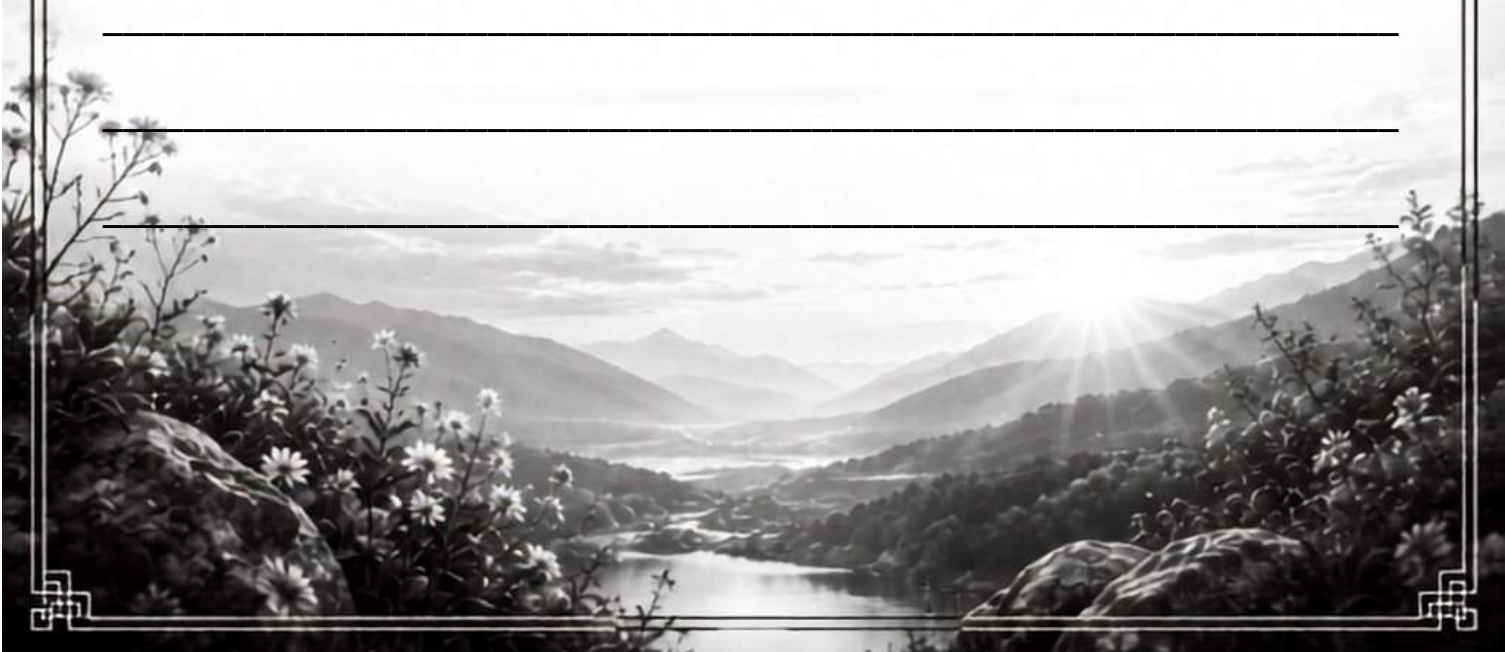
My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:



DAY SEVEN

PRAISE THANKSGIVING & MOVING FORWARD

Theme: Living as a Sacrifice of Worship

MORNING

Psalm 100:1-5: "Enter His gates with thanksgiving..."

Devotional

The final day of this fast begins exactly where every believer should live—with gratitude. Thanksgiving shifts our attention from what we lack to Who God is. Before Israel entered God's courts, they entered His gates with thanksgiving.

As this fast concludes, don't focus only on what you're still waiting for. Celebrate what God has already accomplished within you.

Reflection

How has God changed me during these seven days?



MIDDAY

Luke 4:14: "Jesus returned in the power of the Spirit..."

Devotional

After forty days of fasting, Jesus emerged not weaker—but empowered. Fasting is never meant to end with us simply returning to normal life. It prepares us to walk more fully in God's purpose. Today, ask the Lord how He wants you to live differently because of what He has shown you this week.

Reflection

What is God calling me to do differently after this fast?



EVENING

Romans 12:1-2

"Present your bodies as a living sacrifice..."

Devotional

The greatest offering we can ever bring to God is not something we possess—it is ourselves.

Paul reminds us that worship extends far beyond songs we sing. Every surrendered decision, every act of obedience, every moment of faithfulness becomes an offering pleasing to God.

Although the fast officially concludes tonight, your walk with Christ continues tomorrow morning. Let these seven days become the beginning of a deeper lifestyle of prayer, worship, obedience, and intimacy.

May this not simply be something you completed, but someone you have become.

Reflection

What sacrifice of obedience is God asking me to place on His altar as I move forward?

Prayer of Focus

Father,

Thank You for meeting me throughout this fast. Thank You for every lesson, every correction, every encouragement, and every moment spent in Your presence.

Help me not to return to old habits or old ways of thinking. Let this week produce lasting fruit in my life. Fill me afresh with Your Holy Spirit, and empower me to walk faithfully in every assignment You have prepared for me.

May my life become a continual act of worship that brings glory to Your name.

I offer myself completely to You.

In the mighty name of Jesus,

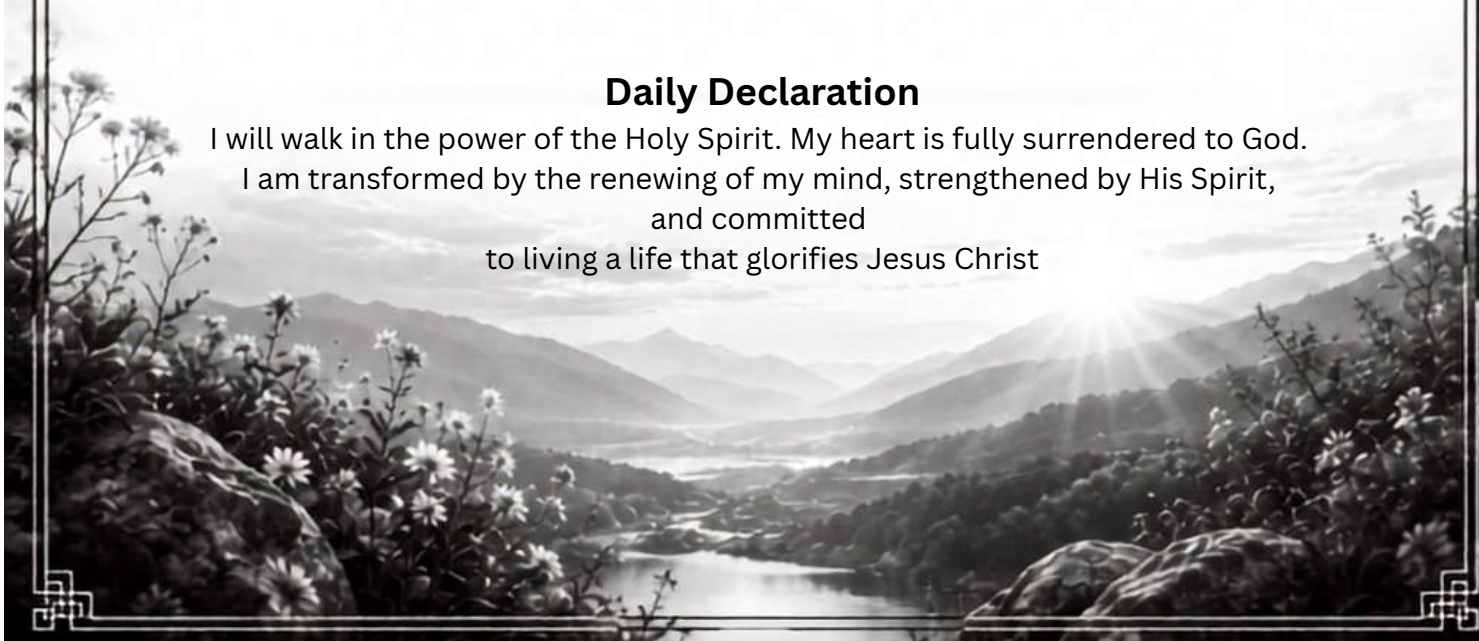
Amen.

Daily Declaration

I will walk in the power of the Holy Spirit. My heart is fully surrendered to God.

I am transformed by the renewing of my mind, strengthened by His Spirit,
and committed

to living a life that glorifies Jesus Christ



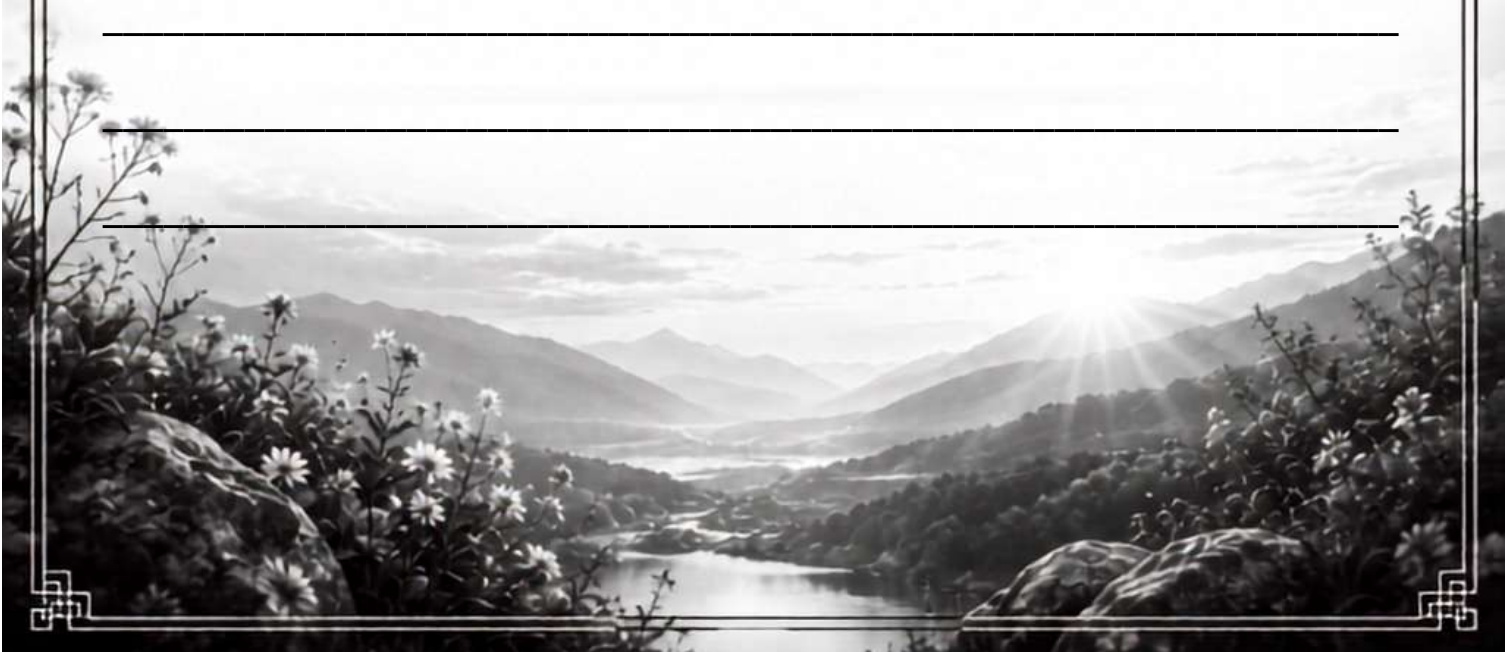
My Conversation With God



What is God speaking to me?

Prayer Requests

Answered Prayer:





End your fast in Worship!

7 DAYS. 7TH MONTH. ONE PURPOSE.

7 DAYS *of Fasting*

— JULY 1 – JULY 7 —

We are fasting for 7 days in the 7th month
to **ENTER THE SECOND HALF OF THE YEAR**
STRONG, FOCUSED & SURRENDERED.

Join us on the last day for



A NIGHT OF WORSHIP



A NIGHT TO LIFT HIS NAME, ALIGN OUR HEARTS,
AND STEP **BOLDLY** INTO THE SECOND HALF OF THE YEAR!



JOIN US ON
ZOOM

ZOOM ID

891 9927 3628

PASSCODE

WORSHIP



7PM/EST

11PM/GMT



SEEK HIM. SURRENDER. WORSHIP. STEP FORWARD. →



Go in His Peace



Beloved,

As this time of fasting comes to a close, our prayer is that your hunger for God will not.

Continue seeking His face before His hand. Continue making room for His voice.

Continue walking in obedience, even when the path requires faith.

Continue trusting that He who began a good work in you will be faithful to complete it.

Continue living each day with a heart of obedience, a spirit of humility, and a life fully surrendered to the Lord.

MAY THE LORD BLESS YOU AND KEEP YOU.



May His face shine upon you and give you peace.



May your home be filled with His presence.



May your prayers carry fresh authority.



May your worship become deeper.



May your faith become stronger.



And may your life continually bring glory to Jesus Christ.



Thank you for allowing us to walk beside you during these seven days.
We are praying for you, believing God's very best for you,
and cheering you on as you continue to pursue Him with all your heart.

WITH LOVE AND EXPECTATION,

Pastor Sheryl

BELOVED GRACE MINISTRIES

Prophet Michael Sosi

COMMANDING YOUR WEEK

“

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, to Him be glory in the church and in Christ Jesus to all generations, forever and ever.

”

EPHESIANS 3:20-21

Until we meet again...



COMMANDING
YOUR WEEK
EVERY SUNDAY
6PM/EST, 10PM/GMT

Join us for prayer.



LEARN N LUNCH
EVERY TUESDAY
1PM/EST, 5PM/GMT

Join us for teaching.



THANKFUL THURSDAY
EVERY THURSDAY
8PM/EST, 12AM/GMT

Join us for worship.

*Fasting may have ended,
but intimacy has only begun!*

FREECONFERENCECALL.COM

DIAL IN: 202-926-1190

ACCESS CODE: 901235#

MEETING ID: PASTORSHERYL