

## TABLE OF CONTENTS

### SECTION

01	VISION & INVITATION	ALTARS
		FOR THEY KNOW HIS VOICE
		A FAST UNTO HIM
		HOW TO USE THIS JOURNAL
02	A GUIDE FOR FASTING	THE ESSENCE
		WHAT FASTING IS
		WHAT FASTING ISN'T
		HOW TO FAST
		WHAT TO EXPECT
		BREAKING THE FAST
		FREQUENTLY ASKED QUESTIONS
03	HOW TO READ AND REFLECT	A GUIDE TO ENGAGING DAILY SCRIPTURE
04	JOURNAL PAGES: PREPARATION	AUGUST 1-23: STORY + READING + REFLECTION
05	JOURNAL PAGES: ALTARS	AUGUST 24-30: FASTING FOCUS + REFLECTION + EVENING GATHERING NOTES
06	JOURNAL PAGES: REFLECTION & RESOLUTIONS	AUGUST 31: WHAT DID GOD SAY? HOW WILL I RESPOND?

01

# Vision & Invitation



## ALTARS

There are moments in the life of our church that don't just mark time; they shape us. The week of Altars is one of those moments.

Before we step into the pace and pressure of fall, we take seven days to set everything else aside. Through worship, prayer, and fasting, we clear space to give Jesus our full attention. This isn't to escape real life, but to anchor it.

In Scripture, altars were places of encounter. They weren't just sites of sacrifice, but spaces where something shifted. Where something was surrendered, something was received, and lives were reoriented around God's presence.

That's the invitation for this week: seven days — August 24–30 — set apart for him. We'll fast during the day. We'll gather each night. We'll let worship rise, let distractions fall, and give him space to move.

But this year, Altars doesn't stand alone. It's the heart of a bigger rhythm: one month shaped by listening, surrender, and clarity. This journal spans the month of August to help us prepare our hearts for all the Spirit has prepared for us during Altars.

## FOR THEY KNOW HIS VOICE

In a world full of noise, Jesus still speaks. His voice isn't drowned out by headlines, culture, or even our internal chaos; it cuts through with clarity, peace, and power.

He said, "*My sheep listen to my voice; I know them, and they follow me*" (John 10:27). That's how he identifies his people — not by what they've accomplished, how gifted they are, or how much they know, but by their recognition and response to his voice.

The Greek word Jesus uses for "listen" is *akouō*. It means more than hearing — it implies understanding, responsiveness, and movement. It's not passive, it's relational. It's the kind of hearing that leads to obedience.

We often make hearing God complicated, but Jesus makes it simple: my sheep know my voice. It's not optional. It's essential. To hear him is to follow him. To follow him is to live.

And when we follow him together, something sacred forms — not just activity, but unity. Not just momentum, but identity. A people gathered, not around personality or preference, but around the voice of the Shepherd.

He's still speaking.

Let's be the kind of people who are ready to listen and quick to follow.

## A FAST UNTO HIM

Fasting isn't about striving; it's about space. It's the practice of letting go so we can give God our full attention.

We don't fast to earn anything. We fast to reorient everything.  
To lay aside distractions. To simplify our desires.  
To say with our lives, "*You are what we desire.*"

Scripture shows us that fasting is not extra credit for the spiritually elite. It's a normal, radical act of devotion. God's people fasted in times of discernment, desperation, and dependence. This was a consistent thread: they longed for God more than they longed for comfort.

From August 24–30, we'll fast during the day and gather each night. Together, we'll offer our hunger, our prayers, our lives — unto him.

This is not about pressure. This is about posture.  
Your fast is your altar. Your hunger is your worship. Your obedience is your offering.

Let this be a holy week: quiet, focused, and full of his voice.  
Let prayer lead you. Let Scripture ground you. Let hunger shape you.  
Let his presence be the reward.

## HOW TO USE THIS JOURNAL

This journal is meant to support you, not box you in. Use it as much as it is helpful. Let it guide you, not govern you.

**August 1–23** is preparation. A daily rhythm of Scripture, reflection, and stories from our community. Space to ask: *What is God saying today? and How will I respond?*

**August 24–30** is the fast. A week of focused hunger. Daily pages include space to journal, check in with your body and spirit, and reflect on what God is doing in our evening gatherings.

**August 31** is for looking forward. A day to process what you've heard and to mark what you're carrying into the next season.

Each day, begin by slowing down. Read the Scriptures. Listen for his voice. Write what you sense. Obey what you hear.

The Shepherd is speaking.  
Let's respond.

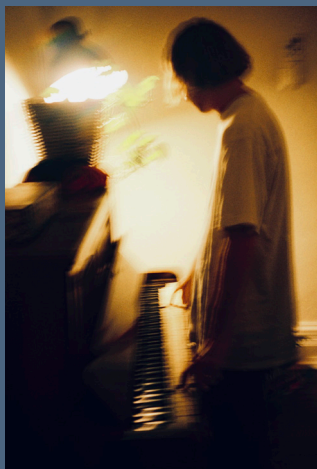
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02

# A Guide for Fasting





## THE ESSENCE

Fasting is not about doing without; it's about making space. It's a spiritual act with physical implications — a quiet yet radical declaration that says: *God, you are my first pursuit.*

At its core, fasting is hunger directed. It's not about deprivation, it's about devotion. When we fast, we train our bodies to submit to the Spirit. We lay aside what is good for the sake of what is better. And in that space, we encounter him; not just with our minds, but with our whole selves.

Fasting doesn't earn us more of God — it simply helps us become more aware of him. It sharpens our attention, softens our hearts, and clears out the noise so we can hear his voice with greater clarity.

This guide is here to help; to give language, wisdom, and practical steps to something that is both deeply personal and deeply biblical. Whether this is your first fast or your fiftieth, let it be about one thing: drawing near.

Use this as a reference, not a rulebook. The method may vary. The heart is the same. We're not fasting for outcomes — we're fasting unto him.

## WHAT FASTING IS

### **Fasting is a spiritual discipline.**

Jesus practiced it (Matthew 4:2) and assumed we would too (Matthew 6:16). Throughout Scripture, fasting is always from food and always for the sake of seeking God.

### **Fasting is a physical act with spiritual implications.**

It humbles us (Psalm 35:13), awakens hunger (Isaiah 58), and trains our desires toward the eternal.

### **Fasting is worship.**

It's not about achieving more, it's about offering more. It's a declaration: "*You are my portion.*"

*"The aim of fasting is to pierce through the veil of the visible in order to touch what is eternal." — Michael Dow, Fasting Vol. II*

## WHAT FASTING ISN'T

**It's not a diet.** The goal isn't self-improvement, it's surrender.

**It's not about performance.** You're not earning anything.

**It's not for show.** This is about our attention towards God, not other's attention towards us.

**It's not effective without prayer.** Fasting is a vessel — prayer is what fills it.  
*"Fasting without prayer is just a diet." -Jentezen Franklin*

## HOW TO FAST

### STEP 1: BEGIN WITH PRAYER

Ask:

"Jesus, what kind of fast are You inviting me into?"

"Is there anything in my life crowding out Your voice?"

"How can I set myself apart for You this week?"

Let your fast be Spirit-led, not guilt-driven.

### STEP 2: CHOOSE YOUR FAST

**Full Fast** - Drink only water for the duration of the fast

**Partial/Intermittent Fast** - No food during the day. Break the fast at dinner or at a chosen time in the day.

**Daniel Fast** - No meat, no sweets and no bread.

*(There are many variations of this fast, but whatever you do, keep it simple. Remember — we want to think less about food, not more.)*

**\*Soul Fast** *(in addition to food)* - Lay down media, entertainment, or distractions. A soul fast is a supplement not a substitute

This is not an exhaustive list, but simply a few suggestions that have been a blessing to many during their seasons of fasting. You may have another approach and that is perfectly ok. The heart to draw near to God is of first priority, the method can vary.

When you fast, please do so with wisdom, prayer and your health in mind. If you have underlying health conditions, a history of eating disorders or an unhealthy view of your body, please be prayerful and seek counsel from a medical professional.

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## WHAT TO EXPECT

### PHYSICALLY

Potential detox symptoms in the first few days (fatigue, headaches, irritability).  
By midweek: clarity, lightness, renewed focus

### SPIRITUALLY

#### **Resistance may rise — that's normal.**

Don't be surprised if you feel distracted, discouraged, or even disconnected in the early days. Fasting is disruptive; not just to your routine, but to the spiritual atmosphere around you. The flesh resists what strengthens the spirit. This isn't failure, it's formation. Press through the resistance because it often means you're on the right path.

#### **Fasting often reveals what prayer needs to resolve.**

Fasting brings things to the surface. Patterns, attachments, fears, even wounds that have been hiding beneath the noise can start to show up. This is not a setback, it's an invitation. Let these things rise, not to shame you, but to be met by the presence of Jesus. Bring it all to Jesus in prayer.

#### **Expect deeper dependence, clearer hearing, and a refined hunger.**

As your body quiets and your spirit awakens, you may begin to sense God's nearness more acutely. His voice may come with new clarity; though not always loud, it's unmistakable. You may notice your desires shifting, your priorities simplifying, and your awareness of his presence increasing. This is the deeper work of fasting: not just removing distraction, but rekindling desire.

## BREAKING THE FAST

End gently. Start with light portions (fruit, broth, cooked vegetables).

Resist the urge to overindulge — stay centred and reflective.

Make time to journal reflections and resolutions.

*What did God speak?*

*What new rhythm or insight am I carrying forward?*

## FREQUENTLY ASKED QUESTIONS

### **Do I have to tell people I'm fasting?**

This is a corporate fast, and our whole church is participating. So no, you don't need to keep it secret. But your posture still matters. Fast without fanfare. Share for the sake of support and unity, not attention (Matthew 6:17-18).

### **Can I fast if I have health issues?**

Yes, but do so with wisdom. A full fast isn't for everyone. Choose a method of fasting that still honours the spirit of sacrifice without harming your health.

### **Is it okay to drink coffee or juice during a fast?**

That depends on the type of fast the Lord leads you into. Some fasts include only water, others allow light liquids. The key is consistency and surrender.

### **What if I slip up or break my fast?**

Don't quit. Fasting isn't about perfection, it's about returning. Reset your focus and keep going.

### **Can I fast from things besides food?**

Yes, but that's an addition, not a replacement. Biblically, fasting involves food. Unless medically necessary, we encourage you to include some element of food fasting in your week. Soul fasts (like media or entertainment) can enhance your focus and deepen your devotion.

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03

# How to Read & Reflect



## A GUIDE TO ENGAGING DAILY SCRIPTURE

Every time we open Scripture, we're stepping into a conversation with God. The Greek word **logos** refers to God's eternal, unchanging, and foundational word — what he has already spoken and established. It grounds us, providing stability and clarity in our faith. The Greek word **rhema**, however, describes God's timely, personal, and specific spoken word to us right now, breathing fresh insight, encouragement, and direction into our lives.

Scripture anchors us in the logos, shaping and framing our ability to recognize his rhema voice today. Without this grounding, we risk drifting into subjective experiences disconnected from truth. Yet, without openness to God's present voice, we risk reducing our vibrant relationship with him to mere religious routine. Religiosity settles solely for what God has said (logos). Relationship actively pursues what God is saying today (rhema). One without the other leaves us incomplete.

Remember, your daily reading doesn't have to be mind-blowing to be meaningful. Like food, sometimes you vividly recall what you've eaten; other times you don't. Yet every meal nourishes your body, just as each engagement with Scripture nourishes your soul.

Each day, you'll read a passage of Scripture and take a moment to listen. As you read daily, consider these practical steps:

- |                              |   |
|------------------------------|---|
| <b>Pray</b>                  | Begin by asking God to speak to you through his word.   |
| <b>Read Slowly</b>           | Take your time, focusing on words, phrases, or ideas that stand out to you.   |
| <b>Reflect &amp; Journal</b> | <p>Engage with Scripture through two key actions:</p> <p><b>Recognize:</b><br/>Notice and write down what God is highlighting or speaking to your heart. (<i>What is God revealing about himself? What is he saying to me today?</i>)</p> <p><b>Respond:</b><br/>Identify and note practical steps or actions you feel prompted to take. (<i>How can I obey? How is he leading me?</i>)</p> |
| <b>Apply</b>                 | Act on what you've recognized and responded to in your journaling.  |

Lean in with expectation. Allow God's timeless written words to become timely spoken words to your heart, bringing clarity, confidence, and transformation as you journey with him.





04

# Journal Pages: Preparation

**FRIDAY, AUGUST 1**

## STORY

My journey in hearing God's voice began with setting time aside every morning to read the word. Over time, the Scriptures deeply revealed his nature, character, and goodness. As my faith strengthened so did my trust in him, helping me hear him more clearly.

I hear his voice when I go for my daily walks — through his presence in the calm of the air, or the wind's breeze. Sometimes, he speaks without words; other times, he drops a revelation in my spirit. I am no longer deceived by the enemy's voice. My healing journey has deeply rooted my identity in him, opening the gate of intimacy. My innocence is restored. I'm back to being a little girl. His voice is clear. I know my Father and I trust in him.

I've forgiven and prayed for someone who hurt me and my children the most. God's grace gave me the ability to be obedient. I heard God say he was pleased with my forgiveness, but there was more to do. I continued to visit my ex-husband in the hospital and opened my home for him after a surgery. It was fruitful because it gave me peace. Peace because I knew it pleased the Father.

– Christine, 65 years old, mom, works with kids, and is learning to consistently follow his voice and be transformed.

## READING

Acts 1, Luke 24:44-53

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

What is God revealing about himself?  
What is he saying to me today?

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How can I obey?  
How is he leading me?

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**SATURDAY, AUGUST 2**

## STORY

I typically experience God's voice through 3 senses: I hear him — his sound, his audible voice. I feel him — a sense of warmth, a wave of goosebumps, a tightening in the stomach, peace, or tension leaving my body. I see him — a memory, a vision, a dream.

Once, I felt a strong prompt by the Holy Spirit to pray for a woman near to me, whom I didn't know. I walked over to her and introduced myself and she immediately asked me to pray for her. I did, and I was so humbled by her experience of the Holy Spirit in that moment, and so grateful that my yes made her feel so seen, so heard, so loved by the Father.

— Hailee, PhD in Psychology, in a season of transition and discerning her next steps, learning to trust the voice of her Abba in the in-between.

## READING

Acts 2:1-21, John 14:15-27

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How can I obey?  
How is he leading me?

[illegible]



**SUNDAY, AUGUST 3**

## STORY

When God speaks to me, it's almost always in a "still, small voice" or a gentle whisper, like it says in 1 Kings 19:12. It's always kind, loving, and usually comes with direction or instructions. Just like a good father would speak to his child.

At other times, God will bring a Scripture to my mind, or give me a very specific dream with insight, or he speaks through another person. But mostly it will be personally spoken to me — in that gentle, quiet, inner whisper. Giving me direction or encouragement to persevere or affirmation about who I am in him.

A few years ago, we were asked to meet with a couple going through a difficult situation. I had been praying, asking God what he wanted us to say. Suddenly, I heard in my spirit this gentle voice saying, "Tell them it wasn't Me who did this to them." It filled me with compassion and when we shared that word with them, it turned out to be the one thing they needed to hear most. Healing and deliverance followed. It was so powerful.

— Judy, a daughter, wife, mother and grandmother learning to listen for her Father's voice among the generations!

## READING

Acts 2:22–47, John 16:7–15

[illegible]



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How can I obey?  
How is he leading me?

[illegible]

**MONDAY, AUGUST 4**

## STORY

There are seasons where God's voice feels unmistakably clear – in conversations with friends, half-asleep bus rides, or while washing dishes. But when my mind, heart and body are numbed by busyness, disappointment, sin, fear, or unmet desires, the simplest way I've learned to hear him again is by returning to his words. I've consistently found refuge in Jesus' words in John 13-17. There, I'm reminded of his abundant love, tenderness, forgiveness, longing and joy toward me, as well as his truth, authority, and promises that draw my gaze off myself and back to him.

One practice that's helped: shifting the pronouns, repeating his words back to him, and choosing to agree with them. For example: "You are the vine; I am the branches. If I remain in you and you in me, I will bear much fruit; apart from you I can do nothing."

His words reorient me. They cleanse my thinking, soften my heart, and slowly bring me back into alignment to what's true. In submitting to his words, I've found the deep satisfaction of being seen by him and am reminded of who I already belong to.

— Valiant, creative artist, learning to trust God while starting his own business

## READING

## Acts 3, Luke 5:17–26

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What is God revealing about himself?  
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How can I obey?  
How is he leading me?

[illegible]

**TUESDAY, AUGUST 5**

## STORY

Hearing God's voice in my everyday was birthed from a place of friendship. An ear was developed to hear his voice in beholding him. Friendship was the goal, hearing his voice is a byproduct of friendship. Now my conversations with God are never ending. They don't have a start or an end. It's an ongoing conversation throughout the day with my best friend.

In 2024, the Lord asked me to leave my job at a church. The job represented comfort, consistency and contentment — but I had unknowingly tied my identity to what I accomplished each day and not in the Lord. Even though the work was for the Church, it wasn't done unto him. I was a slave to performance and people pleasing.

After I left, the Lord gently led me through a season of dying to myself. I laid down everything I took pride in. A photographer, a husband, a loyal friend. Everything was stripped away from me and the only thing left was "Preston, a child of God." From there, it was the first time in my entire life when I could honestly pray "Lord not my will but Your will be done." Through that prayer, he has taught me what it means to be held in his presence, to know what his heartbeat sounds like and to genuinely live for an audience of one - to him.

— Preston, a son, husband, storyteller, photographer, learning to follow his voice from a place of identity in him.

## READING

## Acts 4, Matthew 5:10–16

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How can I obey?  
How is he leading me?

[illegible]

**WEDNESDAY, AUGUST 6**

## STORY

For most of my life, I struggled to believe the Lord speaks to me. I often dismissed his promptings as my own thoughts. However, as I spent more time with him and asked him to speak as a friend would, I realized he'd always been speaking — through verses that came to mind, conversations, a deep sense of knowing, but mostly through journaling. Hearing him is often still, soft, loving, and convicting.

Recently, I hear him more through Scriptures. A verse will be highlighted to me, and suddenly, so much is placed on my heart through it. The way he speaks also changes with the seasons. My role is to follow his lead — not just in big moments, but in small ones too: at the dinner table, on a walk, or even in a work meeting. I'm allowing him space to speak into every part of my day and ultimately my life.

Once, when I was at a crossroads, I sat with the Lord on a friend's balcony and asked him what he wanted from me. I began writing about a move to Canada. Three months later, it happened. Today, by being obedient to him, I am seeing the things I wrote about that day take shape and come alive in my life.

— Fiona, project manager, learning to hear him in the small things, not just the big.

## READING

## Acts 5, Matthew 10:16–33

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of graph paper without grid patterns. The edges of the paper are slightly irregular, suggesting it might be a scan of a physical document.

What is God revealing about himself?  
What is he saying to me today?

[illegible]

How can I obey?  
How is he leading me?

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**THURSDAY, AUGUST 7**

## STORY

I hear God's voice in many ways: the still small voice, a great sermon — but mostly through just being in his word, being with him in his wonderful creation, and yielding to his heart for others.

I love to read and study God's word and he always blows me away with his voice speaking through the "living and active word!" Often it is instructional, sometimes directional, occasionally correctional, and always beneficial! It always sounds like the loving, good Father he is. Spending time in God's creation, he often speaks to me about his beauty and goodness. Even in hard things like pruning and weeding, he often speaks to me of his creativity and wisdom and love.

Finally, often I will feel something very strongly for someone and I will ask the Lord about it and he will reveal something in his own heart for that person. Recently, I was speaking to someone and all of a sudden I felt so much love for them. I sensed the Father's pleasure and love over them so strongly and I knew it was the Lord impressing upon me his heart for them. So I went over to them and shared and they started crying. Later they texted me to say that they had just been asking God for some encouragement.

Yielding to the Father's heart, his voice in that way in that moment, really blessed and encouraged them in their walk with the Lord and I was so thankful.

— Kate, mom, wife, friend, teacher, gardener, and daughter of the King.

## READING

## Acts 6, Mark 10:42–45

[illegible]

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**FRIDAY, AUGUST 8**

## STORY

I often hear the Lord's voice through a whisper, subtle impressions, and his word. There are many simple instructions in Scripture we can apply daily — but walking them out practically can be challenging!

At crossroad moments, when I face uncertainty/confusion in the decision, I often have a deep sense of knowing what I should do, but I will ask God for confirmation. He often confirms it through a voice in church leadership. There have been instances when I haven't shared any details and the person spoke directly to the issue on my heart.

Once during a church gathering, I felt a subtle impression to pray for a woman I didn't know. I prayed about God reawakening her dreams — that it had been a long time and she'd faced disappointment. Later, she told me that before coming, she had specifically asked God to speak to her about her dreams. It was very encouraging!

— Cynthia, wife, mom of two, accountant, and songwriter/singer, learning to listen to God's voice while wearing all sorts of different hats.

## READING

Acts 7:1-29, Matthew 23:29-39

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What is God revealing about himself?  
What is he saying to me today?

[illegible]

How can I obey?  
How is he leading me?

[illegible]

**SATURDAY, AUGUST 9**

## STORY

My journey in hearing God's voice started very early in my walk. At first, I just had "above average thoughts" that often referenced Scripture, even though I hadn't read the Bible yet. Then it moved into pictures in my mind. These were deeply metaphorical and impactful. Many I still remember 13 years later. Today, I hear God when I quiet my heart. It will be a faint whisper.

I was biking over the Lions Gate bridge years ago and as I passed a pillar, I heard so clearly in my spirit "Turn back" Nothing was visible at first. But when I hopped off my bike and walked back, I saw a woman bunched up in the corner, facing the water. She was crying. In talking with her, she was about to take her life. She showed me the note on her phone that she had left for whoever would find her. She was eating a bag of chips as her last meal. I sat with her and told her God told me to turn around.

I told her he loves her and has a plan for her. And then I listened. After talking for about 20 minutes, I encouraged her to walk back to her car with me. She did. As we were walking back, it came up that she had been tormented by a demon for a long time. I had never done a deliverance before, so I was nervous, but the Spirit of God led me graciously. There was a tangible shift in the atmosphere when we commanded it to go. I then got her connected with a Christian friend for some safety planning. After all this, I encouraged her to pick her daughter up from school.

All that from just being willing to be interrupted (gave up my Strava record) and follow the Spirit.

— Jesse, dad, husband, counsellor, and doing my best to follow Jesus each day and love those around me.

## READING

Acts 7:30–60, Luke 23:33–49

[illegible]

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**SUNDAY, AUGUST 10**

## STORY

His voice, steady and full of assurance, cuts through my unsettled nerves with the question: “Will you trust me?” He is near and creates space to draw me into the quiet moments where his peace can reign. I am acutely aware, in that moment, the tension in my body reveals an opportunity for obedience over convenience — leading to a surrendering of my will to his. The reward: him. The result: movement toward the fullness of life he sees and desires for me. The words he speaks cut to expose and redeem.

I remember asking the Lord what he desired me to lay down as we approached Altars last year — my heart was prepared to surrender a dream, a desire. What he asked of me was much more ingrained in my way of living then I would like to admit. He showed me how fear and anxiety had become a false sense of security that could cause hesitation in my steps towards the opportunities he was presenting. This obedience was going to cost me “comfort” and the convenience of remaining where I was.

He gave me a choice and I took his hand. His love washed over me, and the fear and anxiety that once entangled me was severed. I was embraced by my Father. It was then he launched me into dreams, promises that died 20 years ago and some I had never seen at all. The choice to follow his voice in that invitation is one I need to make each day. And as I do, my limits meet his vision.

— Samantha, daughter, student, and kids ministry administrator — learning to follow his voice as she chooses the kingdom over convenience.

## READING

## Acts 8, John 4:1-26

[illegible]

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How is he leading me?

[illegible]



## STORY

I hear God's voice in two primary ways: as a son (within) and through the prophetic (upon). The first and most important, is as a child of God. I hear his voice in quiet communion — through meditation, contemplation, and daily fellowship. What began as simple impressions has matured into knowings, visions, conversations — sometimes even humour. The more I walk in awareness of my identity as a son, the clearer his voice becomes.

The prophetic anointing activates in community. Whether I'm on a call, in a meeting, or playing a game with another believer, flashes of insight, deep knowing (impressions) and Scriptures flow.

Once, while working in the UK, the Lord told me to leave my job and move to Canada. Though I resisted, the clarity increased. He even showed me in a vision I'd do a Master's — something I initially dismissed. Weeks later, I applied to the only open program in a health-related field — and was the last to apply. Everything unfolded just as he said. Hearing God is part of the new birth. His sheep hear his voice. If you believe that, it becomes harder *not* to hear him.

— Omouyi, Son of God, who serves as a medical doctor, learning to live and listen from his seat in Christ, which is REST.

## READING

## Acts 9, John 9:1–25

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What is God revealing about himself?  
What is he saying to me today?

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How can I obey?  
How is he leading me?

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**TUESDAY, AUGUST 12**

## STORY

God has shown me throughout my life that he is in everything. His voice continues to chase me down — through his word, dreams, visions, and the body of Christ. When I am at my weakest, his voice tells me to rise up and encourages me to take on the day. He has spoken as a still, small voice, and also like a trumpet or thunder when I didn't know where to go.

His voice has been the authority in my life — the truth that tells me not to fear. It's been my comforter and compass when I've felt lost. His voice is consistent and has taught me how to wait. As his sheep, we will all recognize it when he calls — no matter where we are in life.

One morning, I heard to connect with a friend. I didn't think much of it, but throughout the day the nudge kept returning. When I finally called her, she told me she had been in the middle of prayer, asking God for answers. It's in moments like that I realize how important it is to step out in faith and listen to his voice.

— Mollie, mom of two who loves to seek the voice of God, who was once broken, but now has been redeemed by his righteous hand.

READING

Acts 10:1-23, Matthew 8:5-13

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WEDNESDAY, AUGUST 13

## STORY

When I feel anxious or heavy, I pause and remind my soul who God is. I ask him to remove anything in me that isn't from him, and he is faithful to fill me with peace and joy. I've learned God can't be rushed, and we can't pressure him to speak out of anxiety. When I come to him simply as a daughter who trusts her Father, his voice is simple and clear.

This past spring, I was preparing for my annual review at work. I had spent six months working toward a promotion in the midst of a heavy season of heartbreak, trying to keep myself together. I planned to prove my worth with a list of accomplishments like I always had. But God stopped me and told me to give it all to him.

Out of exhaustion, I let go. I stopped planning and prayed instead, trusting he knew all I needed. I walked into the room feeling unprepared but covered in peace. Somehow, everything I'd been striving for over my career was handed to me in that meeting. It was proof that when I surrender control and trust his voice, he shows up with more than I could ever earn on my own.

— Megan Joy, learning to walk fully in the name God has given her while navigating a career in fashion in her 20s.

## READING

Acts 10:24-48, Luke 4:16-30

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**THURSDAY, AUGUST 14**

## STORY

I tried to recall how I've heard God's voice, but the stories where I "heard well" didn't quite move my heart. Rather, it's the times I didn't hear him well that bring a smile to my face. The foolish younger me and the present me — they all seem to be part of one harmonious sound, working together for good.

In 2018, Kansas City, when all I could think about was how to die, God led me to the other side of the world, to a shelter for single mothers. At the edge of life, I met Jesus. In 2022, Vancouver, I picked up drawing again, something I had avoided my whole life, and began to discover who I was created to be. And now, in 2025, I'm in Alaska, watching glaciers while my birth mom and heart-mom sit beside me, talking. Through their eyes, the different "me's" in my life meet in midair, delighting one another.

Looking back, I see now — this was never my story. All I ever did was say “yes.” The Author was always him.

— Inha, Korean 2D animator and painter

## READING

## Acts 11, John 10:14–16

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What is God revealing about himself?  
What is he saying to me today?

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## STORY

I often sense God speaking to me through Scripture, unexpected thoughts that feel different from my own, conversations with friends and family, or even on social posts or messages online.

Recently, I was folding my deceased younger brother's clothes, feeling overwhelmed with grief. In my heart, I sensed God gently say, "Keep crying." So I wept and wept, and in those tears, the Spirit gave me a deeper understanding of Romans 8:26. My tears are prayers the Spirit partners with to intercede on my behalf.

— Ezechiel, son, brother, and friend, learning to discern God's voice in both joy and sorrow.

## READING

## Acts 12, Matthew 16:13–20

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**SATURDAY, AUGUST 16**

## STORY

I've been captivated by the idea of hearing God's voice for as long as I can remember. In sixth grade, I sat on a dock asking God to speak to me, not knowing that this would become a lifelong pursuit. Over time, I've learned his voice rarely comes loudly or audibly. For me, it often arrives as quiet, unlaboured thoughts — ones that feel like they've come from nowhere, but land with clarity and peace.

One defining moment happened when I was a teenager, debating whether to skip work to attend a youth camp. I knelt down in the basement, asking God what I should do. Within minutes, a youth camp pamphlet from across the room somehow flew toward me and opened right in front of my face. I knew instantly it was his answer. Everything aligned — shift coverage, better hours afterward — and that week at camp deeply changed my faith.

Since then, I've tried to involve God in both big and small decisions, trusting that he speaks to those who seek him. That still small voice — although unassuming — has time and time again changed the trajectory of my life.

— Blake, Vancouver local currently working for a tech company, hungry for Jesus and desperate for His presence.

## READING

Acts 13, Luke 4:42-44

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How is he leading me?

[illegible]

**SUNDAY, AUGUST 17**

## STORY

His voice sounds like the crisp, small sound of an ice cube cracking in your water glass. I hear it distinctly, and the surrounding noises and environment grow dimmer. I am caught up in the quiet precision of what God is saying. Sometimes I've brushed past it, and other times I've literally stopped someone mid-sentence because what they were saying captured my spirit's attention and I knew it was clearly from God.

Earlier this year, through a dream, I was given a vision of packing lightly. I heard God say, “You don’t need a lot where you are going.” I wasn’t sure what that meant, but at the time I was literally trying to figure out how to make my day-to-day backpack lighter because my back was hurting! A week later, a friend of mine gave me a gift — it was a small purse. She had no idea about the dream or the practical difficulties I was having. I took it as a nudge from God to travel lightly.

Since then, I've been making an effort to pare down and I'm also in the middle of moving homes — packing my bags. I don't know where I'm going to live, but I know he is speaking. The fruit will come. He prepares us well, and I can trust him.

— Nicole, a communications director for a growing church, learning to hear God's voice for his people.

## READING

## Acts 14, Matthew 5:1-12

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**MONDAY, AUGUST 18**

## STORY

I mainly hear God through reading his Word. God has also used other believers, pastors and teachers, music, and thoughts and impulses. God uses all kinds of different “messengers” to speak to me, so I have developed three basic rules to help me discern when it’s him speaking.

1. Run it through his Word. If it doesn't line up with his Word, it's not him.

2. Conscience and context. God has used his word to train my conscience. The more familiar I have become with the Bible, the better I am at discerning his voice from others. He also uses Scriptures that fit in the context of my life specifically at that time. The more familiar I am with his word, the more he customizes it to help me grow.

3. When in doubt, see rule #1.

God asked me to give a monthly amount to the Altars Project for the first 90 days that I felt was beyond my ability. It turned out I was able to give the amount for the whole campaign as our business income grew to meet the need.

— Brad, joyfully encouraging inquisitive Child of God; loving husband, father, grandfather, and business owner.

## READING

## Acts 15, Mark 7:1–23

[illegible]

## RECOGNIZE

What is God revealing about himself?  
What is he saying to me today?

[illegible]

## RESPOND

How can I obey?  
How is he leading me?

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## STORY

God often speaks to me as I meditate on his word, and I also see word pictures. I believe his word is living and active (Hebrews 4:12), and is spirit and life! (John 6:63).

There was a time when I was very anxious and insecure about where my family and I were to live. I was praying about this often. One day when I wasn't expecting it, I heard a voice inside saying 'I am your dwelling place'.

In that moment all my fears vanished and I was filled with peace and joy! I knew he had heard my prayers and would faithfully provide a home for me and my family because HE HIMSELF is my dwelling place! (Psalm 84).

He did provide, and we lived in that home right by the ocean for several years. It was a time of great peace and healing for us! Thank you, Lord!

— John, a busy realtor, is always listening to hear God speak peace, hope and direction amidst the constant noise of the city.

## READING

Acts 16, Luke 6:27–36

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How can I obey?  
How is he leading me?

[illegible]

**WEDNESDAY, AUGUST 20**

## STORY

I hear from God when I am praying or through Scripture. As I read Scripture, I constantly ask the Holy Spirit to reveal his heart to me in the verses I am reading. One of the main questions I ask is “why”? I find that my curiosity pushes me to go deeper — beyond the surface. When he speaks or reveals the heart of Scripture to me, I write it down.

Recently, I've started to hear God specifically through regular conversations with church family. I can be speaking to someone about their day or their job and then God gives me a word specifically for them.

I remember one time in church when I was speaking to a friend about how she has blessed my life, and how God told me to speak to her about her identity in him and the gifts of the Spirit he has given her. We prayed together, and she later shared that she had been feeling uncertain during a phase of transition in her life. During our prayer, God affirmed who she is in him, and gave her direction and clarity in the areas she had shared with him where she felt unsure. It blew my mind how precise the Holy Spirit can be.

— Folu, wife and mom raising her first daughter while learning to give God room to do big things

READING

## Acts 17, Matthew 22:34-40

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**THURSDAY, AUGUST 21**

## STORY

The first book I got when I started taking my faith seriously was in 2017 — *Hearing God: Developing a Conversational Relationship with God* by Dallas Willard. Unfortunately, I don't think I read past the third chapter. But my lack of interest had nothing to do with the book. I realized instead, that as I intentionally sought to understand what it meant to be a Child of God, there was an insatiable hunger in me for *the Bible*.

This hunger kept me on a steady gaze that I am a CHILD of the ONLY ONE GOD! And children need instructions from their parents to acquire development, direction, knowledge and skills.

Whenever I needed something, I'd search that word in the Bible and read the verses where it appeared. Whatever I read became my thought for the whole day. I slowly realized that my day was filled with conversations with God that birthed instructions. And when I obeyed them, they resulted in FRUITFULNESS.

Interestingly, what I desired when I purchased my first book, became a reality by seeking God's word first.

— Kindness, CP Social Worker, learning to navigate life only through the 'Lens' of Abba.

## READING

## Acts 18, John 15:18-27

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## RECOGNIZE

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## RESPOND

How can I obey?  
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**FRIDAY, AUGUST 22**

## STORY

God's voice feels like a table prepared for me. I find this is a helpful picture in reflecting on hearing God's voice: the warmth amidst the cost in his invitation, the splendour and generosity laid out on this table, the meaning and purpose of my presence there, the words of life spoken by this perfect Host, and my desire to engage in response.

A day can bring many kinds of moments, and opportunities to take a seat at his table and receive from the Host. Imagine what can be found there... the fruit of the Spirit, the armour of God, the ability to see and feel seen, creativity, or a song, or clarity. Regardless, it will always be good and exactly what we need.

Practically, this looks like engaging with the thoughtful invitations of the Holy Spirit, and making space in my day to seek God's voice over the racing thoughts and distractions. Sometimes it's asking him questions: What do you want me to know? What do you want me to do? How do you see this situation or person? What question should I be asking you? Other times, it's as simple as singing the song he puts in my mind.

— Sophia, Interior Designer, beloved daughter of the Most High, learning to attune her ear to her Father's voice.

## READING

Acts 19, Luke 11:9–13

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## RECOGNIZE

What is God revealing about himself?  
What is he saying to me today?

[illegible]

## RESPOND

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**SATURDAY, AUGUST 23**

## STORY

Two years ago, the Holy Spirit said, “Cultivate a friendship with me.” I didn’t know how, and he asked, “How do you build friendship with anyone?” I was reminded that the Holy Spirit is a person with feelings and that friendship is built on intention, communication, and trust — mostly in small moments.

So I began “practicing friendship” with his help (because I often forget!). I asked him questions, practiced listening, and tried to leave no thought or concern unspoken. I asked for help to be honest and to develop a new habit of leaving no thought or concern unspoken with him. These small moments began building trust in our friendship.

Later, the Holy Spirit prompted me to leave my job in Hong Kong and move to Canada. After extended discernment, I asked, "When should I leave?" Immediately, the thought came to mind: "By October." I left my job in September 2024 and flew to Vancouver. Nine months later, I marvel at how God has cared for my every need. I still wonder, "Why by October?" He hasn't answered, and that's okay. Friendship means trusting the other person's good intentions and respecting their boundaries.

— Michelle, Registered Clinical Counsellor, and lifelong learner on being real and loving well.

## READING

Acts 20, John 13:1-17

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05

# Journal Pages: Altars



SUNDAY, AUGUST 24

READING                      Acts 21, Luke 22:47-53

RECOGNIZE                      What is God revealing about himself? What is he saying to me today?

RESPOND                      How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 1

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS

**MONDAY, AUGUST 25**

## READING

## Acts 22, Matthew 10:32-42

## RECOGNIZE

What is God revealing about himself? What is he saying to me today?

RESPOND

How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 2

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS



**TUESDAY, AUGUST 26**

READING

Acts 23, Luke 21:12–19

## RECOGNIZE

What is God revealing about himself? What is he saying to me today?

RESPOND

How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 3

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS

**WEDNESDAY, AUGUST 27**

## READING

## Acts 24, John 18:33-38

## RECOGNIZE

What is God revealing about himself? What is he saying to me today?

RESPOND

How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 4

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS

THURSDAY, AUGUST 28

READING                      Acts 25, Luke 23:1–25

RECOGNIZE                      What is God revealing about himself? What is he saying to me today?

RESPOND                      How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 5

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS

**FRIDAY, AUGUST 29**

READING

## Acts 26, John 18:1-14

## RECOGNIZE

What is God revealing about himself? What is he saying to me today?

RESPOND

How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 6

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS



**SATURDAY, AUGUST 30**

## READING

## Acts 27, Mark 4:35-41

## RECOGNIZE

What is God revealing about himself? What is he saying to me today?

RESPOND

How can I obey? What is he asking of me?

EVENING GATHERING REFLECTIONS

ALTARS NIGHT 7

FASTING CHECK-IN

PHYSICAL

SPIRITUAL

DISTRACTIONS OR BREAKTHROUGHS

06

# Reflection & Resolutions



**SUNDAY, AUGUST 31**

READING

## Acts 28, Matthew 28:16-20

## LOOK BACK

What did God highlight during this month?  
What themes or scriptures kept surfacing?  
What surprised you?

## LOOK WITHIN

Where do you sense transformation beginning?

## LOOK AHEAD

What is God asking you to carry forward from this time?  
What commitments or shifts is He inviting you into?  
Write a simple resolution or prayer.

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