



ONE

Devotional 2026



**20 YEARS  
RESTORING FAMILIES  
WITH GOD**





# INTRODUCTION

DEUTERONOMY 6:4 (ESV)

**HEAR, O ISRAEL: THE LORD OUR GOD, THE LORD IS ONE.**

This declaration in Deuteronomy 6:4 is called the Shema, (שמע), which means "Hear," and is the name of a central prayer in Judaism that proclaims the oneness and uniqueness (holiness) of God. The prayer begins with "Shema Israel, Adonai Eloheinu, Adonai Echad" (Hear, O Israel, the Lord our God, the Lord is One).

The command goes beyond hearing; it implies attention, focus, and obedience—a commitment to love God with all your heart, soul, and strength, to act on this understanding.

The Hebrew word echad or Echad (אחד) primarily means "one" but it also connotes unity, solitude, uniqueness, or something combined. It is used in reference to number 1 and is related to words like unit (ichud) and united (meujad).

**Mark 12:28-29 NLT**

***One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?" Jesus replied, "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord.'"***

Jesus establishes that this is the most important commandment of all; it defines our identity, our purpose, and the legacy we will leave behind. For this reason, it is essential to delve into the topic of being one; to understand the Father's desire and his good, pleasing, and perfect will for us all.

**John 17:20-23 NLT**

***"I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. I have given them the glory you gave me, so they may be one as we are one. I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me."***

This is the prayer that Jesus offered in the Garden of Gethsemane before being handed over to his death and crucifixion. That we may be one with each other and one with Him. This is the strategy by which all will know Him. It is through this perfect unity that the whole world will be able to experience his love.

**Ephesians 4:11-13 NLT**

***Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.***

Welcome to this time of fasting in which we will be delving deeper and meditating on the Scriptures to understand that the characteristic of spiritual maturity is precisely the unity that allows us to be a full and complete body that manifests Christ. In this way, the earth will be filled with the image, the perfection, and the glory of our Heavenly Father; manifesting the rule of the Kingdom of Heaven so that his will may be done here on earth as it is in Heaven.

This perfect unity begins in our hearts with Him, then in our marriage, in our homes, and from there it spreads to all those with whom we come into contact.

In this time of reflection, may every deception that keeps us separated or divided from the body of Christ be brought to light, exposed, and in total freedom. May we, as the Word says in Ephesians 4:3, strive to maintain the unity of the Spirit through the bond of peace.

**Prayer**

Lord, it is my desire to be one with you. Good Father, I know this is your will and that you created me for this purpose. Therefore, with the authority you have given me, today I choose to align myself with you, to pursue with all that I am. This will be the most important objective in my life from now on: to be one with you.

Holy Spirit, today I surrender myself completely and ask you to guide me and help me so that this may become a reality in my life. Today, in humility, I choose to listen to your voice, obey you, and remain obedient to what you show me. In this way, I will be your child, with the character of Jesus, reflecting you in all that I do.

I ask this in the name of Jesus. Amen!



# THE FAST

## DEFINITION AND PURPOSE OF THE FAST

Fasting is a highly effective way to train and prepare ourselves to obey God's voice. It is one of the ways we prepare to rule by ruling. It involves depriving ourselves by exercising dominion over our flesh and submitting ourselves to God's spiritual rule.

Fasting is a discipline in which we must grow if we want to train and nourish our spirit, so that, in unity with the Holy Spirit, we seek to please the Father's heart. This is precisely what Jesus did; He prepared Himself through fasting to fulfill his calling and his three-year ministry (see Matthew 4:1-2).

This discipline helps us to:

1. Gain a deeper **understanding** of Scripture by spending more time in intimacy with God and his Word.
2. Clearly **identify** God's voice and will.
3. **Exercise our gifts and talents** while consecrating them to God. By identifying his will and understanding Scripture, He will work within us, giving us both the desire and the ability to do it.
4. **Be empowered** to move in the power of his Spirit. This helps us to be children of God who live in submission to the Father's will, free from fear and the opinions of others.
5. **Train ourselves** to know how to nourish our spirit and not follow the desires of the flesh (Galatians 5:16-17).

## We Fast To:

- Reflect on and meditate on the Word of God (Jesus).
- Align ourselves with his will by confessing our sins.
- Surrender our emotions to God so we can make decisions based on what his Spirit reveals to us, and seek his guidance in personal and specific processes (1 Samuel 12).
- Intercede in prayer for others and strengthen them in faith.
- Humbling ourselves before God (Daniel 10:12).
- Refocus on fulfilling God's assignments with humility of spirit (Matthew 6:17-18).
- Receive specific instructions from God.

Just as we seek to celebrate during holidays and the end of the year, we should seek the most important banquet: nourishing ourselves with the Word of God.

## How do We Fast?

1. **By establishing specific times of prayer** that foster spiritual discipline. As a church, we will begin this specific period of fasting on Monday, January 12th, and the last day will be Sunday, February 1st. **Here's an example of how to fast:**
  - a. If I usually get up at 6:00 AM, during the fasting period I will get up at 5:30 AM and dedicate 5:30 to 6:00 AM exclusively to prayer. (Remember: this is just an example).
  - b. I replace time spent enjoying food with time spent in prayer (conversation with God where He listens to me and I listen to Him – Bible and confession).
    - This means that if I have a 30-minute lunch break at work, instead of taking out my Cuban sandwich, I'll take out the Bible, my notebook, and enjoy time with my Heavenly Father.
2. **Establishing clear limits and rules** regarding the types of foods we will abstain from. **For example:**
  - a. I will practice intermittent fasting: I will only eat from 9 am to 5 pm (remember this is just an example).
    - i. During this period, I will not consume flour, artificial sweets, or coffee.
  - b. I need to be aware of the importance of drinking water constantly.
  - c. If this is my first time fasting, I must be careful not to exceed these limits (you can start by avoiding flour and desserts during the fasting period, and make sure to have a strong and consistent time of prayer and Bible study).

3. **Understanding that fasting** is not a time for "having a good time" or "enjoying oneself." On the contrary, a proper fast submits the flesh to the dominion of the Holy Spirit. This means that we may experience: headaches, our stomach may behave or move differently and we may sometimes feel tired, lazy, and in some cases, weak and even bored. That is the best time to pick up the Bible, pray, meditate on the Scriptures, and so on.
4. **If you have a delicate health condition**, make sure you eat well and do not abstain from many foods. Likewise, if your work is physically demanding, be careful not to be irresponsible with your body (the temple of the Holy Spirit), focus on prayer, and abstain from other things to dedicate yourself to intimacy with God.
5. **Changing our routine.** We invite you to study Isaiah 58 to understand a little more about fasting. The dynamics should change in aspects such as:
  - a. Overcoming shyness and daring to pray aloud.
  - b. Leaving behind hypocrisy and being sincere in our communion with God.
  - c. Fasting is more than abstaining from food, and it should not be done to convince God to bless our plans but rather to abandon our plans and fully embrace God's plan for our lives.
  - d. Stop fighting and arguing with people.
  - e. Forgive.
  - f. Understand that this is not a ritual but an act of submission and intimacy with God. It is not an obligation; it is a discipline.
  - g. Break free from the prisons that hold us captive (vices, addictions, addictive behaviors).
  - h. Serve one another.
  - i. Be agents of freedom for others by sharing God's love and Jesus' sacrifice with them.
  - j. Be generous and give to those in need.
  - k. Stop pointing fingers, criticizing, and spreading gossip and rumors.
  - l. Spend restful time with family without the pressure of activities and entertainment.
  - m. Stop following our own desires.
  - n. Do not speak useless words (foolish jokes, gossip, profanity).
  - o. Understand that this is not about earning God's favor but rather about submitting to his will through the freedom that Christ came to give us.
  - p. You can teach your children about fasting. You should explain what fasting is and, according to their age, help them establish the limits of the fast. For example:
    - i. There will be no desserts during the fast; instead fruit will be used.
    - ii. There will be no television or video games but these will be replaced by family altars and then a family board game.
    - iii. Leave a favorite meal and learn to cook something different as a family while discussing what God has spoken to them during the fast.
    - iv. Reduce portion sizes or the number of snacks during the day.
    - v. Among others.

## Biblical Verses

Below you will find a list of biblical reference verses regarding fasting. We invite you to consult these references to gain a deeper understanding of God's design for fasting. As you consult God's Word, ask the Holy Spirit for wisdom and guidance during this time of fasting.

- **Matthew 6:3, 5, 17**
- **Matthew 6:4, 6, 18**
- **Matthew 4:1-2**
- **1 Samuel 7:6**
- **Ezekiel 16:49 NLT**
- **Isaiah 58**
- **Acts 13:1-3**
- **Acts 14:21-25**

Remember again that this is a powerful tool God has given you to establish his Kingdom on earth; to do his will while developing the character of Jesus. May our Good Father guide you in this supernatural time and teach us to submit our bodies to his dominion, so that we may then exercise that authority wherever we go.

## Types of Fast

1. **Total Fasting:** In this fast, only water is consumed. It is the most rigorous and is recommended only when there is a genuine intention to spend a significant amount of time in prayer, meditation, and studying the Word.
2. **Liquid Fasting:** Only beverages such as juices, broths, smoothies, etc., are consumed.
3. **Daniel Fast:** Abstaining from eating meat, bread, pasta, sweets, sugar, or delicacies. (See Daniel 10:2-3)
4. **Intermittent Fasting:** For a specific period, eating is permitted during 8 of the 24 hours of the day, (for example, from 9 am to 5 pm), and during the remaining hours, a total fast is observed, (only water).

## Questions about the Fast

- **Can I fast if I have a medical condition?** Yes! We advise you to follow your doctor's instructions. Something as simple as abstaining from fried foods, refined flour, or desserts can shape your character and help you exercise control over your desires. Remember that the most important thing is to dedicate time to prayer, reading, and meditating on the Word.

- **What's a good age to fast?** From 0 to 500 years old 😊. Just keep your health in mind and be prudent when setting fasting limits.
- **Can children fast?** Yes! It's important to consider their age and do it wisely.
  - If your baby is under 2 years old, you can reduce or remove desserts (if applicable), and also involve them in your prayer time. Pray aloud and let them see you praying, reading the Word, and singing to God.
  - If you have a child between 3 and 11 years old, be sure to explain why they will be fasting and establish a reasonable routine appropriate for their age. Also, prepare them a few days in advance.
  - Children 12 and older can have a routine similar to that of an adult. All of this applies if they do not have a medical condition; otherwise, please reread the first question.
- **How do I know if I'm fasting correctly?** These are signs of a good fast:
  - You increase your prayer time; this is NOT about starving yourself.
  - You read the Bible consistently, taking notes, praying about what you read, and meditating on it throughout the day.
  - You read the Bible and pray multiple times a day (many times!).
  - You don't waste time on screens, cell phones, or social media and you use that time to read Scripture and call people to pray with and for them.
  - You talk to and share with others what God has done for you.
  - You face frequent temptation to break out of a routine that can sometimes seem boring.
- **Can I change the fasting parameters?** Ideally, no. However, it depends on the reason.
  - *Valid examples for changing the parameters:*
    - My job is physical (construction worker, athlete, fitness instructor, etc.) and I feel too weak to do it. In this case, I can make a change like adding protein, slightly increasing carbohydrates, etc.
    - I feel dizzy, weak, and have trouble concentrating (so I can go from total fasting to one meal a day).
    - It's my grandmother's 90th birthday and at the celebration, they served me cake; I know that if I don't eat it, my parents might be offended because they don't share or understand my faith (so I eat a very small portion ONLY of the cake and a glass of water, but I don't take advantage of the situation to catch up on all the desserts I couldn't eat during the week).
  - *Invalid examples for changing parameters:*
    - I didn't bring my "vegetarian" lunch and the store only sells hamburgers and fries.
    - My coworkers go to a restaurant-bar on Fridays after work and I go to have a few beers with them because Jesus multiplied the wine and was out celebrating with people at parties.
    - The grandmother of my son's coworker's husband turned 90 and my son brought a piece of cake that someone gave him. 😊
- **How much time should I spend praying?** A lot! Pray while you're driving, at work, in the kitchen, in the bathroom, and before and after every meal. Set aside a specific time to dedicate exclusively to prayer. Pray at all times. There's no fast where you pray too much... it's "All you can eat!"

- **Can I have marital intimacy during fasting?** Yes! Except if you and your spouse agree to it FOR A LIMITED TIME, according to the Word in 1 Corinthians 7:5, and after the fast is over, reunite! 😊
- **Can I exercise while fasting?** It depends on the type of fast you're doing and being very mindful of your body and the changes the fast will produce. You must be very cautious.
- **Should I abstain from social media and apps like Snapchat, TikTok, Instagram, Facebook, WhatsApp, podcasts, YouTube sermons, Netflix, Prime, etc.?** It depends on what parameters you decide.
  - Avoid social media and apps if:
    - You spend hours scrolling through reels or videos and lose track of time.
    - You think listening to three good sermons in a row replaces reading the Word and your devotional time.
    - You can't do anything without your phone in your hand.
    - You can't tear yourself away from the news.
    - You're thinking more about Mr. Trump than the Lord Jesus. 😎
    - Just the thought of spending a day without checking your phone gives you anxiety.
    - You've just read all of the above, and you have a "super excuse" to justify your addiction to these media.
    - The Holy Spirit instructs you to do it.
  - Use social media and apps for a limited time to:
    - Sit down with your family or community to watch a TV series or movie that leads you to reflect on God (pray before and after).
    - Watch a video that leads you to study a topic about which God is teaching you (Government, missionary journeys of the apostles, leadership, authority, family, etc.).
    - Watch or listen to a sermon or podcast, recommended by a mentor to strengthen and complement your time of fasting.
    - Work and fulfill your job responsibilities (if applicable).
    - When necessary, don't watch five reels before watching the video you need to see. 🤔
    - The Holy Spirit instructs you to do this.

**Let 's do it!**

