

Daily Reading:

Isaiah 58:1-59:21, Ephesians 6:10-24

Study Journal Questions:

1. What kind of fast does God value?
2. How does God want people to keep the Sabbath?
3. How should you prepare to fight spiritual battles?
4. Who are Christians ultimately at war with?
5. How is God revealed in today's reading, and what does this mean for your life?

Answers, Ponderings, and New Discoveries:

Prayer Requests / Answers : _____

What is God doing around you, and how can you join Him?

Together Challenge:

Pray in the spirit at all times for all the saints.