

TEMPLE

EDITION

# Daily Reflection

A DAILY JOURNEY OF DISCIPLINE, DEVOTION, AND  
TRANSFORMATION

THIS BOOK  
BELONGS TO:

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WEEK NINE  
*Week Nine*

## FASTING AND FIRE

*Refined. Not  
Burned*

THE FIRE OF TESTING AND FASTING  
ISN'T MEANT TO DESTROY YOU —  
IT'S MEANT TO PURIFY YOU. GOD  
USES FIRE TO REFINE WHAT IS HOLY  
AND REMOVE WHAT IS HARMFUL.

# DAY SIXTY-FOUR

*Refined by Fire*

“HE WILL SIT AS A REFINER AND  
PURIFIER OF SILVER...”

– MALACHI 3:3 (NIV)

DATE:

## Application Challenge

Identify one area of life where you feel the heat — and ask: What is God refining in me through this?

A silversmith never walks away from the fire. He stays close — because the refining process is delicate and intentional. God is the same. He’s not trying to burn you out — He’s purifying you until He sees His reflection in you. The fire isn’t punishment. It’s preparation.

## Journal Prompt:

What impurities or attachments is God bringing to the surface in this season?



# Refined by Fire

How are you  
*feeling* today?

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Things you are  
*grateful* for :

1.

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2.

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3.

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Today's  
affirmations :

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My mood today is...

- |                               |                               |                                |
|-------------------------------|-------------------------------|--------------------------------|
| <input type="radio"/> Calm    | <input type="radio"/> Rested  | <input type="radio"/> Creative |
| <input type="radio"/> Happy   | <input type="radio"/> Angry   | <input type="radio"/> Sad      |
| <input type="radio"/> Anxious | <input type="radio"/> Playful | <input type="radio"/> _____    |

# DAY SIXTY-FIVE

*Fasting*

*Reveals*

*What's*

*Hidden*

“SO WE FASTED AND PETITIONED OUR GOD ABOUT THIS, AND HE ANSWERED OUR PRAYER.”

– EZRA 8:23 (NIV)

DATE:

## Application Challenge

If you're fasting, write down what has been stirred up in your emotions or habits. That's where healing can begin.

Fasting doesn't just change your body — it exposes your heart. It reveals hidden dependencies, internal noise, and false comforts. This is the grace of fasting: it shows you where you've been feeding your flesh more than your spirit.

## Journal Prompt:

What patterns or coping mechanisms has fasting revealed in you?



*Fasting*

*Reveals*

*What's*

*Hidden*

How are you  
feeling today?

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Things you are  
grateful for

:

1.

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2.

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3.

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Today's  
affirmations

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My mood today is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful

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# DAY SIXTY-SIX

*Tested by Fire*

“THESE [TRIALS] HAVE COME SO THAT THE PROVEN GENUINENESS OF YOUR FAITH— OF GREATER WORTH THAN GOLD... MAY RESULT IN PRAISE, GLORY AND HONOR...”

— 1 PETER 1:7 (NIV)

DATE:

## Application Challenge

When the fire gets hot today (emotionally, physically, spiritually), whisper: “Prove something in me, God.”

Your faith is worth more than gold — and like gold, it must be tested by fire. Trials don't destroy faith — they prove it. God is proving something eternal in you. Every craving, struggle, and sacrifice in fasting is forming solid ground for lasting faith.

## Journal Prompt:

How has your faith been tested recently? What do you think God is proving in you through the test?



*Fasting*

*Reveals*

*What's*

*Hidden*

How are you  
feeling today?

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Things you are  
grateful for

:

1.

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2.

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3.

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Today's  
affirmations

:

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My mood today is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful

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# DAY SIXTY-SEVEN

*Set Apart. Not Burned Out*

“CONSECRATE YOURSELVES,  
FOR TOMORROW THE LORD  
WILL DO AMAZING THINGS  
AMONG YOU.”

– JOSHUA 3:5 (NIV)

DATE:

## Application Challenge

Ask God: What part of my life needs to be set apart for You right now? Make one intentional act of consecration today.

Fasting isn't about burnout — it's about being set apart. When you consecrate your appetite, your time, and your body to God, you create sacred space for Him to move. You're not striving. You're surrendering. And that opens the door to breakthrough.

## Journal Prompt:

In what area of your life do you need to shift from striving to surrender?



# Set Apart. Not Burned Out

How are you  
*feeling* today?

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Things you are  
*grateful* for :

1. 

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2. 

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3. 

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Today's  
affirmations :

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My mood today is...

- |                               |                               |                                |
|-------------------------------|-------------------------------|--------------------------------|
| <input type="radio"/> Calm    | <input type="radio"/> Rested  | <input type="radio"/> Creative |
| <input type="radio"/> Happy   | <input type="radio"/> Angry   | <input type="radio"/> Sad      |
| <input type="radio"/> Anxious | <input type="radio"/> Playful | <input type="radio"/> _____    |

# DAY SIXTY-EIGHT

*The Fire Will Not Consume You*

“WHEN YOU WALK THROUGH THE FIRE, YOU WILL NOT BE BURNED; THE FLAMES WILL NOT SET YOU ABLAZE.”

– ISAIAH 43:2 (NIV)

DATE:

## Application Challenge

Meditate on Isaiah 43:2 today. Let it be a declaration over your fasting, your pain, and your purpose.

God never promised life without fire — He promised presence in the fire. Shadrach, Meshach, and Abednego weren't spared the furnace — but they walked it with Jesus. That's your promise too. You won't be consumed. You'll come out stronger, cleaner, freer.

## Journal Prompt:

What fire are you currently walking through? How is God present in it?



# The Fire Will Not Consume You

How are you  
feeling today?

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Things you are  
grateful for :

1. 

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2. 

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3. 

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Today's  
affirmations :

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My mood today is...

- |                               |                               |                                |
|-------------------------------|-------------------------------|--------------------------------|
| <input type="radio"/> Calm    | <input type="radio"/> Rested  | <input type="radio"/> Creative |
| <input type="radio"/> Happy   | <input type="radio"/> Angry   | <input type="radio"/> Sad      |
| <input type="radio"/> Anxious | <input type="radio"/> Playful | <input type="radio"/> _____    |

# DAY SIXTY-NINE

*Purified. Not Perfected*

“CREATE IN ME A PURE HEART,  
O GOD, AND RENEW A  
STEADFAST SPIRIT WITHIN ME.”

– PSALM 51:10 (NIV)

DATE:

## Application Challenge

Take 5 minutes today to repent for any pride, bitterness, or self-reliance that's been surfaced during fasting.

Fasting doesn't make you perfect — it makes you pliable. You don't come out with a gold medal. You come out with a pure heart. That's what God wants — not your perfection, but your permission to be transformed. He's after purity, not performance.

## Journal Prompt:

How can you pursue purity without falling into perfectionism?



# Purified. Not Perfected

How are you  
*feeling* today?

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Things you are  
*grateful* for :

1. 

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2. 

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3. 

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Today's  
affirmations :

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My mood today is...

Calm                       Rested                       Creative

Happy                       Angry                       Sad

Anxious                       Playful                       \_\_\_\_\_

# DAY SEVENTY

*Fire Leads to Fulfillment*

“AFTERWARD THE SPIRIT  
LIFTED ME UP AND BROUGHT  
ME...”

– EZEKIEL 3:14 (NIV)

DATE:

## Application Challenge

Write down one area where you feel God is preparing you for something new. Pray for clarity and obedience.

The fire is not your final destination — it’s the hallway to your assignment. After the testing, God lifts you and leads you. There’s purpose after pruning. Fasting and fire are preparation for impact. God is getting ready to release you into new strength and stewardship.

## Journal Prompt:

What does the other side of this fire look like? What are you being prepared to carry?



# Fire Leads to Fulfillment

How are you  
*feeling* today?

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Things you are  
*grateful* for :

1. 

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2. 

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3. 

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Today's  
affirmations :

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My mood today is...

- |                               |                               |                                |
|-------------------------------|-------------------------------|--------------------------------|
| <input type="radio"/> Calm    | <input type="radio"/> Rested  | <input type="radio"/> Creative |
| <input type="radio"/> Happy   | <input type="radio"/> Angry   | <input type="radio"/> Sad      |
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