



MEET THE KING

Prayer Guide & Devotional Journal

*A 40-Day Christian Guide to
Repentance, Renewal & Restoration*



ELUL 5786 | AUGUST 13 – SEPTEMBER 21, 2026



A guided spiritual soul audit to prepare your heart for the High Holy Days
and return to your first love in Jesus.

DR. KRISTA ABBOTT

Kingdom 818 & InLight Connection

This Journal Belongs To:

Dedicated to:

Jesus.
The Lover of my soul.

*"I am my beloved's and my beloved is mine."
Song of Songs 6:3*

THE KING IS IN THE FIELD

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By Dr. Krista Abbott

Kingdom 818, The Come Up Higher Challenge & InLight Connection

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This is a Christian devotional adaptation. It is not presented as a replacement for Jewish observance or as a claim that traditional Elul customs are commanded in the New Testament.

Foreword & Acknowledgement

As a believer in Christ, I have spent the past 10 years studying and observing the high holy days mentioned in the Bible and the associated Hebrew traditions that go along with them. I founded the Come Up Higher Challenge in 2020, which focused on the High Holy Days season known as the Days of Awe. Each year, God has taken me deeper in understanding the significance of these holy days ... and every year I learn something new that I didn't know before about Him and about the significance of this holy season.

This year, God started drawing me into a deeper understanding of the Elul period that leads up to the Days of Awe...God took me deep down the rabbit hole of looking at the significance and biblical history behind these dates, and that's how the Meet The King Challenge was birthed...I almost feel as if these 29 days before Rosh Hashanah is just as (if not more) important because it establishes the foundation on which we can build and grow for the rest of the year.

In mid-July 2026, I prayed before going to bed and asked God, "What are you saying for this season of my life? What am I doing?" I fell asleep and the next morning I woke early from a dream.

In the dream I was surrounded with people, a few were speaking to me as if they were advisors. I recognized them to be people who I knew on earth, but who have since graduated to heaven. I then heard a voice in the room, that I knew to be the Lord's voice. He said to me, "Set Apart" then a hand appeared in front of me with a large white piece of paper, larger than human paper and thicker than what we are accustomed to on earth. It was the brightest of bright whites. He turned it around and I saw written on the paper the words, "Set Apart." As I started to wake and move between that awake and asleep phase, I continued to hear those words echoing from the Lord... "Set Apart...Set Apart...Set Apart."

When I woke up I had the spiritual understanding that this was not only a call for me, but also for the greater Kingdom family at large. It was a prophetic call for us to "Set Apart" this month (August-September) to draw closer to him, to have a spiritual reset...to meet with the King.

God sets apart times and seasons, places...and he sets apart people.

God not only sets us apart from something but he sets us apart for something.

This prophetic season, from August 13 - September 21, is truly a “Set Apart” time and season for us to partner with and accept this invitation from God to set ourselves apart to meet with him.

I have incredibly great expectations for what God is going to do in these 40 days. God’s promise to us is this...if we do this, if we choose to set ourselves apart and meet with him during this time, it will be amazing.

"Consecrate yourselves, for tomorrow the Lord will do amazing things among you."

Joshua 3:5

Elul is a Jewish tradition that encourages self-assessment and self-reflection, like a spiritual audit of sorts to prepare your heart for the Days of Awe (Rosh Hashanah through Yom Kippur). These are the most holy days on the Hebrew calendar.

While we are not Jewish, Jesus was. Therefore, our Christian faith does originate from the roots of Hebraic practices. To be clear, we are not under the letter of the law, and there is no command in the New Testament for us to do this.

I do, however, believe there is great value in being aware of these appointed times and seasons on God’s calendar so we can partner with God in the prophetic for what he is doing “now.” And the practices of Elul and the Days of Awe are generally encouraged as “lifestyle” behavior for any believer seeking God’s Kingdom and his righteousness (Matthew 6:33).

In leaning in and honoring this prophetic season, our posture is one of spirit-led humility. It’s not something to be done with a religious or performance-based intention. Rather, we engage from a sincere desire to connect with God during these prophetic seasons, so we can “Come Up Higher” with him.

This prayer guide and journal was created to help followers of Jesus engage the month of Elul as a focused season of prayer, repentance, reflection, relational restoration, and renewed obedience. It draws upon traditional Hebrew calendar history and Jewish customs while applying these themes through a distinctly Christian theological lens.

With honor and gratitude, we acknowledge the generations of Jewish teachers and communities who have preserved the history, language, and traditions associated with Elul and the High Holy Days.

I invite you to join me on this journey as we endeavor to “Come Up Higher” with Jesus during this special season.



Krista Abbott, Ph.D.

InLight Connection, Ministry Lead

Founder of Kingdom 818 & The Come Up Higher Group

Creator of The Come Up Higher Challenge & Meet The King Challenge 👑

P.S. I apologize in advance for any minor grammatical or proofreading errors. I put this prayer guide and journal together in one weekend for you and the rushed timeline to get it to you in time did not allow for formal editing. Although I did my best to proofread it several times, each time I found myself writing more, so I had to “call it” at some point. 📝

So, praise the Lord and thank you for grace. Let’s enjoy it for the experience it gives us, not the perfection (or lack thereof) that exists in the pages. Done is better than perfect, sometimes. It’s sort of like our life...we go from glory to glory and get better each trip around the sun. Let’s look at this guide/journal the same. It’ll get better every year. 😊

Welcome To The 40-Day Elul Journey

Elul is an invitation to slow down, listen, and let the Holy Spirit search the places we often hurry past. This guide adapts themes from the Jewish season of Elul with a focus on “*teshuvah*” repentance and returning to God, into a Christ-centered practice of honest reflection, grace, reconciliation, and renewed obedience.

This is not a ritual for earning God’s acceptance. In Jesus, we begin from acceptance. The purpose of this personal, spiritual, and soul audit is to notice where we are, what we have done well, where we have drifted, and where we could improve. Our goal is to respond to any conviction the Holy Spirit brings, without inviting condemnation, guilt, or shame.

The purpose is to prepare our hearts to enter the High Holy Days awakened and aligned with God and his divine assignments for our lives.

ELUL

“I am my beloved’s, and my beloved is mine.”

Song of Songs 6:3

The King is in the field...and he is inviting us to come closer during this season, to reflect, to hear, to align so we can “Come Up Higher” and go to the next level with him in the coming year.

The 40-Day Biblical Pattern

Moses’ forty-day encounters with God and Jesus’ forty days in the wilderness both reveal a pattern of preparation, testing, dependence, and transformation (Deuteronomy 9:9; Matthew 4:1–2) that seems to happen in 40-day increments. It’s not coincidental, then, that there happens to be 40 days between Elul 1 and Tishrei 10 on the Hebrew calendar, with Elul 1 representing the beginning of the spiritual audit and Tishrei 10 representing the Day of Atonement. 40 days to transformation.

Rabbinical tradition says that the first “ELUL” was when Moses went back up the mountain to seek forgiveness for the sin of the golden calf that the Israelites committed in the wilderness. His descent down the mountain, having received the forgiveness of the Lord on behalf of the people, marked the first Yom Kippur (Tishrei 10). That timeline accounts for the 40 days total he was on the mountain.

“Now I had stayed on the mountain forty days and forty nights, as I did the first time, and the LORD listened to me at this time also. It was not his will to destroy you. “Go,” the LORD said to me, “and lead the people on their way, so that they may enter and possess the land I swore to their ancestors to give them.” Deut. 10:10-11 NIV

The outcome or purpose of the 40-day meeting with the Lord was “so they may enter and possess the land God swore to their ancestors to give them.” There are promises in your life that have not been fulfilled yet. There are promises of the Lord in your bloodline (ancestors) that have not been fulfilled yet. God said to Moses...lead them so they may enter and possess the land.

These 40 days are a gateway to you and me to be able to step into the greater promises of God. Not only for our own lives, but for our bloodline. These 40 days are a period for you and me to access the inheritance that is rightfully ours.

Exodus 34 and Deuteronomy Chapters 9-10 give the full account of the story of Moses and everything God said and did during that period. I’d encourage you to read it through prayerfully as we enter this Elul season and begin this journey together.

The culmination of this is reflection, repentance, turning away, changing behavior, and choosing to love the Lord and walk in complete obedience to his commands.

“And now, Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in obedience to him, to love him, to serve the LORD your God with all your heart and with all your soul, and to observe the LORD’s commands and decrees that I am giving you today for your own good?” Deut 10:12-13 NIV

The King Is In The Field

Elul is said to be a time when “the King is in the field.” This paints a beautiful picture of intimacy with the Lord. It depicts a king leaving the palace to meet people where they are, in the fields where they work. For Christians, this resonates with the gospel of Jesus, who came near, entered ordinary human life, and remains present with us through the Holy Spirit.

This is not just an Old Testament portrait between Moses, the Israelites, and God. We see a similar command for believers in James 4:8-10.

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.”

While this verse is not directly said to be associated with Elul, it is a command to live a lifestyle that supports the exact same practices that Elul encourages...a time of reflection, purifying our hearts through repentance, renewing our minds to God’s ways, and living from a place of humility.

Elul encourages all these same things. How cool is that?

So as Christians, honoring this prophetic season, we are simply choosing to partner with God and “meet the king” while he is in the field (present with us in the mundane things of life) to do what we are already commanded to do on a regular basis anyway.

Garments Of Light

Another common concept found in traditional Elul teaching concerns the Garments of Light.

This idea comes from the biblical account of when Moses came down from the mountain after spending 40 days in God’s presence during that first Elul to Yom Kippur time period.

He had just spent 40 days seeking God’s forgiveness and asking for mercy for the sins of the

people. When God forgave and sent Moses back down the mountain, the Bible says his face was shining so brightly that the people couldn't even look at him. In fact, it was so bright that Moses had to put a veil over his face.

There's so much we could unpack here...such as how purification of our hearts, repentance, and reconciliation to be more holy allows God's light to shine more brightly through us. (Arise and Shine)

The more we choose to step into this as a lifestyle of Elul, not just seasonally but ongoing, the more God's light can shine through us to others.

It's not just Moses and his bright face though...this goes much deeper than that.

This garments of light and garments of skin concept is thoroughly discussed in rabbinical commentary as being directly connected to Genesis 3:21.

And the LORD God made for Adam and for his wife garments of skins and clothed them.

This account was, of course, after they ate from the Tree of Knowledge of good and evil. Before that, ancient rabbinical texts imply that they were clothed with the light of God...garments of light, instead of garments of skin.

Before sin, they were fully aligned with God, so they did not need a physical covering of skin. The light of God illuminated from them...so they were covered with his holiness and radiance.

The picture and wording used here is very similar to what is described in Exodus when Moses descended the mountain on the first Yom Kippur. After having sought and received God's mercy and forgiveness for Israel's indiscretions, he was radiant, wearing garments of light, just like Adam and Eve were before sin entered.

In Genesis 3, the Hebrew word used for skin is 'Or and is spelled with the letter Ayin. And the Hebrew word for light is also pronounced the same, 'Or ...but is instead spelled with the letter

Aleph. So there is a play on words here between “light” and “skin.”

Through sin, Adam and Eve exchanged the Garment of Light for a garment of skin.

The key to reversing the exchange and reclaiming the Garment of Light...is true repentance.

Repentance extends beyond feeling bad about something or being sorry. Repentance requires more than that. It is about fully turning away from it, never to do it again, with fruit to back it up. In other words, a full turn away from sin with a full return to God...a return to holiness and righteousness.

Think about it...look at the biblical evidence.

Moses spent 40 days on the mountain repenting, and in return, God granted purification and restored righteousness to his people.

Moses' face shining brightly with the 'Or (aleph) of God was a confirmation that God's forgiveness and mercy had been granted. Moses received the garment of light...so brightly that others couldn't even look at him.

Our Garment of Light, of course, is Jesus, and we have received the redemption he provides as believers... However, for that light of God to shine fully through us, there has to be a continual purification practice...repenting when we fall short, choosing to have a true turn from what was wrong, back to what is right... a recommitment to live holy and righteously.

This is how we “Arise and Shine” ...

“Arise and shine, for your light has come.” (Isaiah 60:1)

The Hebrew word used for “shine” in Isaiah 60 is 'Ori; it comes from the root 'Or (Aleph), and refers to the Garments of Light. When God commands “Arise and Shine” he's inviting us to become set apart, to purify ourselves so we can put on the Garments of Light.

In Isaiah 60:1 this word is a direct command, specifically meaning “be light” or “become luminous.” This directly points back to the pre-sin condition...a return to clothing ourselves with the holy and righteous garments that Adam and Eve wore before the fall.

Garments of Light... A command to “be holy” and to “become righteous.”

Why? Because we cannot wear the Garment of Light while walking in a sinful state.

Yes, Jesus has redeemed us from sin. The cross is a finished work, and it brings with it mercy, freedom, and forgiveness...but that does not exempt us from the call to come up higher and choose to live from a greater level of righteousness each day.

This is not a call to come hang out with Jesus for a few days “in the field” and to give him our “desires of the heart” list like some people (including my past self) have taught. I had to repent for that limited understanding of what this season really is. It’s not a wish list for the new year...

This is not just a time to come and do this so we can say we did our Christian duty and then return to the same state or condition of living that we had before.

This is a wake-up call to something far more...In fact, that’s why they blow the shofar every day during Elul, as a “wake up call” to return to God.

It is a call to release the garments of skin (earthly covering for our sins) and put back on the radiant, bright, illuminated Garments of Light of God’s radiance...fully redeemed and fully restored in the likeness of our Creator.

The Priestly Blessing

We see this same root of 'Or (aleph) in the word for "light" used again in Numbers 6:24-26, the priestly blessing:

"The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace." Numbers 6:24-26 NIV

It appears the spiritual work Moses did on the mountain during that first Elul to Yom Kippur period is what allowed him to be transformed back into the "Garments of Light" condition, the way it was before the fall.

It is what caused him (and Israel) to step back into righteousness (right standing) with God.

That's why this internal spiritual work of repentance and personal assessment is so important, especially during this set-apart time...this prophetic season on God's calendar.

It's a clarion call...to come and Meet With The King...to do a full spiritual audit of our lives and put everything on the table with God. To ask for and receive insight into matters of the heart that we need to clean up so we can shine more brightly and live more fully for the King.

The King is in the Field...

Psalm 27

You'll notice as you go through the 40 day experience that Psalm 27 shows up every single day in the Bible reading schedule.

The reason for this is simple. It's a faith builder that fully represents the heart and intention of Elul and the prophetic message attached to it.

Traditional Elul practices suggest reading Psalm 27 twice a day every day of Elul. This practice is rooted in the belief that this Psalm of David serves as a roadmap for the upcoming High Holy Days (Rosh Hashanah and Yom Kippur).

The themes in the psalm are deep vulnerability, resilience, a desire for intimacy with God, and a focus on self-examination and repentance.

It opens with “*The Lord is my light...*” directly connecting it to the ‘*Or (aleph)* and points to God being revealed in Rosh Hashanah.

Then the second line “*and my salvation*” points directly to the forgiveness and redemption that Yom Kippur represents, and that Jesus provided for us on the cross.

The most interesting thing about this psalm and its connection to Elul though, is that near the end there is a phrase that says “Had I not” and the Hebrew word used there is *Lulei*.

I would have lost heart, unless I had [had I not] believed that I would see the goodness of the LORD in the land of the living. Psalm 27:13 NKJV

When read backwards, that Hebrew word, *Lulei*, directly spells iELUL, reminding us that the spiritual work conducted during this “set apart” season is one of hope and trust.

Psalm 27 gives us the full arc of Elul in one chapter.

- The Light of God.
- The Salvation of Jesus.
- Spiritual Accounting.
- Protection From Our Enemies
- Connection & Intimacy With God
- The Goodness and Mercy of God
- Hope and Courage For What Is Ahead

It's like building muscle memory for your faith by reading it daily. Faith comes by hearing, and hearing by the word...(Romans 10:17). So I wouldn't skip it. 😊

The Heart of the Journey

Elul provides the opening season of reflection for us. 29 Days of doing the work with God on our personal mountain. Then, Day 30 marks the threshold into Rosh Hashanah, and Days 31–40 continue through the Ten Days of Awe, with Day 40 concluding on Yom Kippur.

God is inviting us to meet with him in the field, to come up higher on the mountain with him this season so we can shine more brightly with him, and for him.

It's an invitation to release yet another layer of worldly covering (garments of skin) so He can reveal more of his pure and radiant light through us...and like Moses, perhaps we'll see even our physical countenance shift and be brighter and more radiant, so we shine brighter and beam with the love of God.

That's our goal with this 40-day journey with our King—Jesus.

To “be light” and “become luminous.”

Again, this is not about legalism, tradition, religion, or following the letter of the law.

It's about a significant and undeniable transformation back into the image of God, clothed with the Garments of Light as we were created to be.

It's about being restored to our original identity as sons and daughters of God, created to rule and have dominion in the earth. It's about being set apart to live a righteous and holy life ...

I hope you enjoy the journey. I'll be taking it along with you. ❤️

Getting Started & What To Expect

The following pages will provide you with a roadmap for each of the 40 days. Split into four 10-day periods. The four sections will have a different prayer and reading focus and journal prompts to support the work you will be doing with God each day.

This is designed as a prayer guide and devotional journal first, but it's also a "workbook" to assist you in doing the "work" of meeting with the King.

I suggest you print it out or use a PDF editor to type inside of it. For things like this, I find it better to go "old-school" and print it and write with an actual pen...it just feels more engaging and reflective that way.

Here's How It Will Work...

We will begin with a Spiritual Audit, just for a high-level self-analysis. It's important to be honest on this...no one is going to see it but you and God unless you choose to share it. This is not a pass/fail scorecard, rather a self-awareness tool to help you identify areas that you may want to lean in closer with the Holy Spirit and work on together during this 40-day journey.

Then we'll have a Focus for each of the 4 sessions. That focus will give you a prayer, your full 10-day reading plan and some journal prompts.

There are also "journal" pages for each day of the journey, which also include the daily Bible reading references for that day at the top of the page.

After each 10-day session, we'll reflect on what God has shown us and prepare our hearts with intention for the next 10 day focus.

At the end of the 40 days...I believe you will have one of the most intimate and transformational periods you have ever experienced. At least that's what it has been like for me over the years I have practiced this.

Let Me Pray For You

Lord, I thank you for the hearts of those choosing to participate in this 40-Day journey. God, we know we are not bound by law or religion to do this, but we are compelled by our love for you and our desire to continually grow in faith and seek your righteousness.

I ask that you protect the time and space for each person committing to this journey with you over the next 40 days.

I ask, God, that you would meet them where they are...soften their hearts, give them eyes to see and ears to hear what you are saying to them in this season. Show them any areas of their lives that need attention, repentance, or forgiveness. Show them these things in all areas ... first in their relationship with you, second in their relationship with others, and finally in their personal stewardship of what you have entrusted to them.

I thank you for the transformation you are going to bring to every person following this journey, I can't wait to hear their stories at the end of this.

Bless all of my friends and partners reading this today, I ask that you would inscribe them with a good and a sweet year. In Jesus' name, Amen.

YOUR ELUL DECLARATION OF FAITH

PSALM 27

A Psalm of David

- 1** The Lord is my light and my salvation; whom shall I fear?
the Lord is the strength of my life; of whom shall I be
afraid?
- 2** When the wicked, even mine enemies and my foes, came upon me
to eat up my flesh, they stumbled and fell.
- 3** Though an host should encamp against me, my heart shall not
fear: though war should rise against me, in this will I be
confident.
- 4** One thing have I desired of the Lord, that will I seek
after; that I may dwell in the house of the Lord all the
days of my life, to behold the beauty of the Lord, and to
enquire in his temple.
- 5** For in the time of trouble he shall hide me in his pavilion:
in the secret of his tabernacle shall he hide me; he shall
set me up upon a rock.
- 6** And now shall mine head be lifted up above mine enemies
round about me: therefore will I offer in his tabernacle
sacrifices of joy; I will sing, yea, I will sing praises
unto the Lord.
- 7** Hear, O Lord, when I cry with my voice: have mercy also upon
me, and answer me.
- 8** When thou saidst, Seek ye my face; my heart said unto thee,
Thy face, Lord, will I seek.
- 9** Hide not thy face far from me; put not thy servant away in
anger: thou hast been my help; leave me not, neither forsake
me, O God of my salvation.
- 10** When my father and my mother forsake me, then the Lord will
take me up.
- 11** Teach me thy way, O Lord, and lead me in a plain path,
because of mine enemies.
- 12** Deliver me not over unto the will of mine enemies: for false
witnesses are risen up against me, and such as breathe out
cruelty.
- 13** I had fainted, unless I had believed to see the goodness of
the Lord in the land of the living.
- 14** Wait on the Lord: be of good courage, and he shall
strengthen thine heart: wait, I say, on the Lord!

THE KING IS IN THE FIELD

ELUL JOURNEY MAP

A 40-Day Journey of Spiritual Audit, Return, Restoration & Light



AUG 12 • DAY BEFORE
Spiritual Audit Deep Dive



DAYS 1–10
Inner Audit &
The Wilderness



DAYS 11–20
Returning to
Your First Love



DAYS 31–40
Dressing in
Garments of Light



DAYS 21–30
Relational Restoration

THREE CORE AREAS OF THE AUDIT



Relationship
With God



Relationships
With Others



Self-Stewardship
& Assignments

Your 2026 Journey Map

Aug 12 | Elul begins at Sundown. The 40-day journey opens on Wednesday evening. Complete your Spiritual Audit today, if you haven't done it already.

Day 1 | Aug 13: Rosh Chodesh Elul. 30 Av, the first day of the two-day new-month observance.

Day 2 | Aug 14: 1 Elul. The Hebrew month of Elul formally begins.

Day 29 | Sep 10: Final Full Day in Elul.

Day 30 | Sep 11: Erev Rosh Hashanah. Elul closes and Rosh Hashanah begins at sundown.

Day 31 | Sep 12: Rosh Hashanah | 1 Tishrei. The Head of the Year. The High Holy Days begin.

Day 40 | Sep 21: Yom Kippur | 10 Tishrei. The 40-day journey concludes on the Day of Atonement.

How To Use This Workbook Each Day

Set Aside 15 to 30 Minutes Each Day

1. Enter the Field. Sit in silence for 2–3 minutes. Put away your phone and remember that Jesus is present with you (The King Is In The Field).

2. Declare. Read the week's prayer aloud, slowly enough for the words to become your own.

3. Read. Read the assigned Psalms, Psalm 27 focus, and New Testament companion passages. If this feels like too much reading for you, you can space it through the day or listen on audio.

4. Journal/Audit. Choose a prompt. Write honestly, without editing yourself or performing for God, this is between you and him and will help you get to the heart of the matter and uncover any areas that he may want to highlight for you and heal.

5. Seal with Grace. Thank Jesus for mercy, cleansing, and the power to take the next step. Consider taking communion daily at the end of your session with the Lord. Communion is an act of intimacy and covenant with the Lord.

Advance At A Wise & Sustainable Pace

The reading plan calls for reading 3 Psalms a day, plus Psalm 27 every day, along with some New Testament readings to support the theme.

The Psalm plan becomes much heavier on Days 39 and 40. So, if reading all assigned Psalms would turn the practice into pressure, divide them across the day, listen to an audio Bible, or choose to only read Psalm 27 plus the New Testament passages.

Reminder: Presence and being intentional with your heart connection with God matter more than performance. This is your journey. Let the Spirit lead you and let this guide support you along the way.

Important Pastoral Acknowledgement:

These experiences often lead us through forgiveness practices. These may include forgiving God, forgiving ourselves and forgiving others. Let God cleanse and heal your heart in these moments, but keep in mind forgiveness does not always require reconciliation or renewed access with the person, especially when safety is a concern. Seek wise pastoral or professional support when needed.

Preparing Your Heart For The Journey

Spiritual Audit & Deep Dive

August 12, 2026

*And so each of us shall give an account of himself
[give an answer in reference to judgment] to God.
Romans 14:12 AMPC*

Before beginning the 40-day journey, you are invited to pause and take an honest, prayerful inventory of your life with God. Scripture reminds us that each of us will give an account of ourselves to Him.

This spiritual audit is an opportunity to willingly come before the Lord now, allowing the Holy Spirit to reveal where you are flourishing, where you may have drifted, and where greater alignment is needed.

You will examine three core areas: your relationship with God, your relationships with others, and your stewardship of yourself and your God-given assignments.

This is not an exercise in shame, comparison, or self-condemnation. It is a sacred act of humility, responsibility, and surrender. Invite God to search your heart, affirm the growth He has produced, and uncover anything that needs to be healed, released, restored, or realigned. Let this deep dive establish an honest starting point and prepare your heart to enter the next 40 days with greater clarity, intention, and openness to transformation.

Your Personal Elul Spiritual Audit

How To Approach The Audit

First, understand that this is not a search for reasons to condemn ourselves or step into guilt or shame or regret. This is also not an attempt to earn God's love and approval (you already have that).

What this is, however, is an invitation to let the Holy Spirit reveal to you:

- What is healthy
- What has been misaligned
- What needs to be released
- What needs to be restored
- What God wants to heal
- What God wants to develop in you next

We will look at **three main areas** for the purposes of this personal spiritual audit:

1. Our relationship with God
2. Our relationship with others
3. Our personal stewardship and assignments

Best Time & Approach To The Audit

Set aside about one hour to do this with prayerful thought. It's best completed before Elul begins, so do this as soon as possible when you start the challenge. It is also a good idea to revisit it and update it as you journey through the 40 days. My personal plan is to do this audit every 10-day cycle. In my experience, a review of the audit on this schedule allows you to see things on Day 11 that you may not have seen on Day 0.

Before beginning, take a few quiet moments to name what is bringing you into this season, and invite the Holy Spirit to speak to you and help you answer these questions **WITH** him.

Opening Prayer

Holy Spirit, Spirit of Truth and Counselor of my soul, I invite You into this evaluation. I release my defenses, excuses, and pride. Help me see clearly, not through shame or condemnation, but through grace. Reveal where I have drifted and where You have already produced growth. Speak plainly and reveal to me any areas that I need to bring to You in prayer so I may genuinely repent, heal, and walk more closely with You. In Jesus' name, amen.

Setting Your Intentions

What do I hope God will reveal, restore, or renew during these 40 days?

What feels spiritually unfinished, heavy, or in need of God's attention?

Core Audit Deep Dive

My Relationship With God

Read: Mark 12:30-31 and Revelation 2:4-5

Where has intimacy been replaced by activity?

What has competed for my attention and affection?

Am I obeying what God has already said or told me to do?

What is God asking me to do now to improve my relationship with him?

Is there anything I need to repent for here?

My Relationships With Others

Read: *Colossians 3:12–13; Matthew 5:23–24; 1 Corinthians 13*

Am I carrying offense, bitterness, or unforgiveness toward anyone?

Do I need to apologize or repair something with someone? If yes, what is God asking me to do?

Do my words and responses toward others reflect Christ and his love?

Is there anything I need to repent for, release, or forgive myself for?

Is there anything I need heart healing for? If so, ask the Holy Spirit to come and heal this area.

My Stewardship And Assignment

Read: *Ephesians 5:15–17; 1 Peter 4:10; 1 Corinthians 4:2*

How well am I stewarding my time, attention, gifts, body, and resources?

What assignments have I neglected or delayed?

What has distracted me or diverted my attention away from what God has assigned me or given me to steward?

What is God asking me to change in this area?

What do I need to repent for and what is my plan to turn fully away from this behavior and back to God?

Spiritual Audit Scorecard

How To Score The Audit

1 = Not often | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Almost always

Lower scores identify areas that may need focused attention and grace.

Higher scores reflect greater consistency, while still leaving room for continued growth.

1. My Relationship With God

Scriptural anchor: Proverbs 3:5–6

Devotional Altar: Consistent prayer and engagement with Reading.

Rate 1–2–3–4–5: ____

Surrender: Trusting God without defaulting to anxiety or control.

Rate 1–2–3–4–5: ____

Gratitude: Practicing thankfulness instead of habitual complaint.

Rate 1–2–3–4–5: ____

2. My Relationships With Others

Scriptural anchor: Ephesians 4:29, 32

Guardianship of Speech: Words that build up, with freedom from gossip and contempt.

Rate 1–2–3–4–5: ____

Debt Release: Choosing forgiveness while maintaining wise boundaries.

Rate 1–2–3–4–5: ____

Generosity of Presence: Offering practical help, encouragement, and attention.

Rate 1–2–3–4–5: ____

3. My Inner Life & Stewardship

Scriptural anchor: 2 Timothy 1:7; 1 Corinthians 6:19–20

Emotional Temperance: Responding to anger, fear, insecurity, and pride with self-control.

Rate 1–2–3–4–5: ____

Stewardship of the Temple: Honoring rest, health, media intake, nutrition, movement, and sustainable body rhythms. Rate 1–2–3–4–5: ____

Faithful Execution: Practicing good stewardship by using gifts, time, and opportunities wisely instead of procrastinating. Rate 1–2–3–4–5: ____

4. Any Other Area You Personally Define

Create any items of your own that you want to rate. This is YOUR spiritual audit; I've only provided a few things to jumpstart your process.

Ask the Lord if there is anything else he wants you to consider before moving on.

Post-Audit Action Matrix

Do not try to repair every area at once, and remember not to enter into shame or guilt if this exercise has revealed any areas that you need to work on. Simply repent and ask the Holy Spirit to help you prioritize and generate a plan to turn it around. He will show you where focused attention will create the greatest impact and freedom for you.

1. The Clearest Need

Which single category received my lowest score? What truth is this score showing me?

2. The Hidden Trigger

Which environment, habit, relationship dynamic, fear, or distraction contributed to this area?

3. The Target Practice

What one realistic boundary, rhythm, conversation, or act of obedience will I practice during these 40 days?

4. My 40-Day Intention

Over the next 40 days, with the help of the Holy Spirit, I will:

My Audit Reflections

What surprised me, challenged me, or confirmed something God has already been showing me?

The grace, support, or practical change I need to follow through is:

Prayer

Lord, thank You for the truth that leads to freedom. I release the temptation to feel overwhelmed with what I have uncovered in this audit. I release any guilt, shame, remorse, regret, or condemnation. I choose to accept your unconditional love and acceptance. I know that you are calling me to a higher standard and I want to walk with you through this humbly and open to receive your correction and change. I lay down any pride that would cause me to not be able to see clearly and I ask that you give me eyes to see and ears to hear what you want to show me through this 40-day journey.

I acknowledge both growth and brokenness without partnering with condemnation. My scores do not define me. They reveal where I need grace, wisdom, and faithful action. I bring this audit to the cross and receive the clean slate secured by Jesus. Over these 40 days, let weakness become a canvas for Your strength. Refine my character and draw me into restoration. In Jesus' name, Amen.

Days 1–10

Inner Audit & Wilderness

August 13, 2026 - August 22, 2026

Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting.

Psalm 139:23-24 AMPC

The first ten days invite you into the wilderness, a quiet and set-apart place where distractions are stripped away and the true condition of your heart can be brought into the light. This is not a season of shame or self-condemnation. It is an opportunity to slow down, become honest before God, and allow the Holy Spirit to reveal anything interfering with intimacy, obedience, or spiritual growth.

As you examine your relationship with God, your relationships with others, and your stewardship of yourself and your assignments, remain open to both conviction and affirmation.

God is not exposing your heart to reject you. He is lovingly revealing what needs attention so you can release what no longer belongs in your life and return to Him with greater freedom, clarity, and wholeness.

This is where true transformation begins...when we get honest with ourselves in the King's presence and invite his wisdom to help transition us to freedom. So don't be afraid to lean in deeply for this.

The Inner Audit & The Wilderness

Invite the Holy Spirit to search your heart, expose hidden compromises, and reveal places of spiritual dryness.

Daily Prayer Declaration

Heavenly Father, Lord God of my salvation, I pull away from the noise and distractions of the past year to enter the wilderness with You. Holy Spirit, perform a deep and honest audit of my soul. Search me and know my heart. Expose hidden sin, unconfessed bitterness, anxious patterns, and quiet compromises. I lay down every excuse and lean on the cleansing grace of Jesus. Forgive me, restore me, and break the power of old habits. Thank You that Your mercy is new today. My past does not define my future. Fill every dry place with living water and draw me closer to Your heart. In Jesus' name, Amen.

Journal Prompts

(Choose ONE question to focus on)

1. What part of my spiritual life have I tried to keep closed to God, and why?
2. Which recurring reactions reveal a deeper wound, fear, or trigger?
3. Where have I rationalized compromise or allowed culture to reshape my standards?
4. Am I resisting a wilderness season God may be using to reshape my character?

Daily Bible Reading Plan

The Daily Bible Reading Plan will allow you to read through the entire book of Psalms during the 40-day period by reading three Psalms per day and then a more intense reading schedule during Yom Kippur. It is customary to read Psalm 27 every day during the Elul season.

This list below is for the next 10-day period; you only need to read what is listed for the specific day. The daily journal page also lists the daily reading at the top of the page for you.

Day	Psalms	New Testament
1	Psalms 1–3 and 27	Hebrews 4:12–13
2	Psalms 4–6 and 27	1 John 1:8–10
3	Psalms 7–9 and 27	James 4:7–10
4	Psalms 10–12 and 27	Romans 8:1–4
5	Psalms 13–15 and 27	Matthew 4:1–4
6	Psalms 16–18 and 27	2 Corinthians 13:5–6
7	Psalms 19–21 and 27	Luke 11:33–36
8	Psalms 22–24 and 27	Ephesians 4:22–24
9	Psalms 25–27	Romans 12:1–2
10	Psalms 28–30 and 27	1 Peter 5:6–9

Day 1 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 1–3 | Psalm 27 | Hebrews 4:12–13

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 2 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 4–6 | Psalm 27 | 1 John 1:8–10

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 3 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 7–9 | Psalm 27 | James 4:7–10

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 4 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 10–12 | Psalm 27 | Romans 8:1–4

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 5 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 13–15 | Psalm 27 | Matthew 4:1–4

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 6 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 16–18 | Psalm 27 | 2 Corinthians 13:5–6

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 7 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 19–21 | Psalm 27 | Luke 11:33–36

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 8 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Bible Reading

Psalms 22–24 | Psalm 27 | Ephesians 4:22–24

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 9 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Reading

Psalms 25–27 | Psalm 27 | Romans 12:1–2

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 10 | Reflections

The Inner Audit & The Wilderness

DATE: _____

Today's Reading

Psalms 28–30 | Psalm 27 | 1 Peter 5:6–9

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 1-10 Closing Reflection

What did God reveal to me this week?

What am I releasing, and what truth or practice will I carry forward?

Who or what do I need to forgive this week? God? Myself? Others?

My prayer for the week ahead:

Days 11–20

Returning To Your First Love

August 23, 2026 - Sept 1, 2026

But I have this [one charge to make] against you: that you have left (abandoned) the love that you had at first [you have deserted Me, your first love]. Remember then from what heights you have fallen. Repent (change the inner man to meet God's will) and do the works you did previously [when first you knew the Lord], or else I will visit you and remove your lampstand from its place, unless you change your mind and repent.

Revelation 2:4-5 AMPC

After the honest work of the inner audit, the next ten days shift your attention toward returning to your first love. Repentance is more than turning away from sin. It is a wholehearted return to God, His presence, His ways, and the love that first awakened your heart.

This portion of the journey invites you to recognize where your relationship with Him may have become routine, distracted, distant, or driven by obligation. Allow God to restore wonder, tenderness, trust, and delight in His presence.

These days are not about striving to earn greater intimacy. They are about removing whatever has competed for your affection and responding once again to the King who has drawn near to meet with you.

Returning To Your First Love

Move from obligation and striving into intimate, grateful fellowship with Jesus, your present King and Bridegroom.

Daily Prayer Declaration

Lord Jesus, my Savior and Bridegroom, I receive the truth: I am my Beloved's, and my Beloved is mine. Forgive me for the times I have treated faith as a checklist, chore, or rigid rule. I turn from lukewarmness and return to my first love. Thank You for being the King who meets me in the ordinary fields of my life. Today I pause, look up from my labor, and rest in Your loving presence. Silence condemnation and renew my passion for Your Word, my hunger for prayer, and my awareness of Your companionship. In Your beautiful and holy name, amen.

Journal Prompts

(Choose ONE question to focus on)

1. When did my relationship with Jesus feel most vibrant, and what was different then?
2. Do I picture God as distant and intimidating, or present and welcoming?
3. Which distractions, worries, or idols have competed for my affection?
4. Where can I create simple 'field moments' to notice Jesus during ordinary life?

Daily Bible Reading Plan

Day	Psalms	New Testament Companion
11	Psalms 31–33 and 27	Revelation 2:1–5
12	Psalms 34–36 and 27	John 15:1–5
13	Psalms 37–39 and 27	Luke 10:38–42
14	Psalms 40–42 and 27	Ephesians 3:16–19
15	Psalms 43–45 and 27	Mark 2:18–20
16	Psalms 46–48 and 27	Philippians 3:7–10
17	Psalms 49–51 and 27	John 1:14–17
18	Psalms 52–54 and 27	Romans 5:1–5
19	Psalms 55–57 and 27	Matthew 11:28–30
20	Psalms 58–60 and 27	Galatians 4:4–7

Day 11 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 31–33 | Psalm 27 | Revelation 2:1–5

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 12 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 34–36 | Psalm 27 | John 15:1–5

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 13 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 37–39 | Psalm 27 | Luke 10:38–42

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 14 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 40–42 | Psalm 27 | Ephesians 3:16–19

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 15 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 43–45 | Psalm 27 | Mark 2:18–20

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 16 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 46–48 | Psalm 27 | Philippians 3:7–10

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 17 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 49–51 | Psalm 27 | John 1:14–17

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 18 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 52–54 | Psalm 27 | Romans 5:1–5

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 19 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 55–57 | Psalm 27 | Matthew 11:28–30

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 20 | Reflections

Returning To Your First Love

DATE: _____

Today's Reading

Psalms 58–60 | Psalm 27 | Galatians 4:4–7

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 11-20 Closing Reflection

What did God reveal to me this week?

What am I releasing, and what truth or practice will I carry forward?

Who or what do I need to forgive this week? God? Myself? Others?

A prayer for the week ahead:



Congratulations!
You're Half Way There.
Let's Check-In

Halftime Check-In

Now that we are half-way through the challenge, it is a good idea to consider revisiting the Elul Spiritual Audit that you did at the start of this challenge.

Review it and make a note of anything that has changed since you first started. You may even consider doing a new one, to update and revise your responses based on the work God has done in you so far.

Take note of where you have seen improvements. Consider what has shifted, what has been released, and how your mindset or focus has changed. Write out anything that comes to mind below.

Is the Lord asking you to change anything right now?

Write down anything the Lord is saying to you or asking you to shift for this second half of the challenge.

Days 21–30

Relational Restoration

September 2, 2026 - Sept 11, 2026

Be gentle and forbearing with one another and, if one has a difference (a grievance or complaint) against another, readily pardoning each other; even as the Lord has [freely] forgiven you, so must you also [forgive].
Colossians 3:13 AMPC

As God restores your heart to Himself, His healing begins to flow into the way you relate to others. During these ten days, you will prayerfully examine the relationships, wounds, offenses, expectations, and unresolved experiences you may still be carrying.

Relational restoration does not always mean returning every relationship to what it once was. Sometimes restoration looks like forgiveness, healthy boundaries, releasing an outcome, receiving God's healing, or taking responsibility for your own words and actions.

Invite the Holy Spirit to show you where reconciliation is possible and where freedom requires surrender. As you release bitterness, judgment, disappointment, and unhealthy attachments, you create room to extend the compassion, patience, forgiveness, and love of Christ from a heart that is becoming whole.

Relational Restoration

Uproot bitterness, receive grace, take responsibility for your part, and pursue peace with wisdom and humility.

Daily Prayer Declaration

Father of mercies, You have forgiven me an unpayable debt through Jesus. Because I have received such grace, I release bitterness, resentment, and malice. I bring strained relationships into Your hands. Give me strength to forgive as You forgave me. I release those who have hurt, rejected, or disappointed me from my judgment, and I bless them in prayer. Convict me where I have caused pain. Remove pride and give me humility to make amends without excuses. Let me enter the new season with a clean slate, a soft heart, and hands free from conflict. In Jesus' reconciling name, amen.

Journal Prompts

(Choose ONE question to focus on)

1. Whose name still produces bitterness, resentment, or pain in me?
2. Whom have I hurt or treated unfairly, and what keeps me from making it right?
3. How has unforgiveness drained my energy, peace, or prayer life?
4. What can forgiveness look like even if reconciliation is unsafe or not presently possible?

Daily Bible Reading Plan

Day	Psalms	New Testament Companion
21	Psalms 61–63 and 27	Colossians 3:12–14
22	Psalms 64–66 and 27	Matthew 18:21–35
23	Psalms 67–69 and 27	Ephesians 4:31–32
24	Psalms 70–72 and 27	Matthew 5:23–26
25	Psalms 73–75 and 27	Mark 11:25
26	Psalms 76–78 and 27	Romans 12:17–21
27	Psalms 79–81 and 27	Luke 6:35–38
28	Psalms 82–84 and 27	1 John 4:19–21
29	Psalms 85–87 and 27	Matthew 6:14–15
30	Psalms 88–90 and 27	James 3:17–18

Day 30 — Erev Rosh Hashanah: Elul closes at sundown as Rosh Hashanah and the High Holy Days begin. May you be inscribed with a good and sweet year.

Day 21 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 61–63 | Psalm 27 | Colossians 3:12–14

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 22 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 64–66 | Psalm 27 | Matthew 18:21–35

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 23 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 67–69 | Psalm 27 | Ephesians 4:31–32

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 24 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 70–72 | Psalm 27 | Matthew 5:23–26

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 25 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 73–75 | Psalm 27 | Mark 11:25

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 26 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 76–78 | Psalm 27 | Romans 12:17–21

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 27 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 79–81 | Psalm 27 | Luke 6:35–38

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 28 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 82–84 | Psalm 27 | 1 John 4:19–21

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 29 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 85–87 | Psalm 27 | Matthew 6:14–15

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 30 | Reflections

Relational Restoration

DATE: _____

Today's Reading

Psalms 88–90 | Psalm 27 | James 3:17–18

EREV ROSH HASHANAH — THE THRESHOLD: Elul closes at sundown today, and Rosh Hashanah begins. Pause to honor the transition from the month of soul-searching into the High Holy Days, receiving God's mercy and entering the new year with an awakened heart. This is the Head of the Year (Hebrew New Year). Blow the shofar (YouTube) and thank God for inscribing you and writing a good and sweet year into his books for you in 5787.

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 21-30 Closing Reflection

What did God reveal to me this week?

What am I releasing, and what truth or practice will I carry forward?

Who or what do I need to forgive this week? God? Myself? Others?

A prayer for the week ahead:

Days 31–40

Dressing In Garments Of Light

September 12, 2026 - Sept 21, 2026

The night [this present evil age] is almost gone and the day [of Christ's return] is almost here.

So let us fling away the works of darkness and put on the [full] armor of light.

Romans 13:12 AMP

The final ten days move from examination and restoration into consecration and transformation. You have considered what must be released. Now you are invited to intentionally put on what reflects the nature and character of Jesus.

The Garments of Light represent more than an outward change. They reflect an inner life increasingly clothed in righteousness, truth, humility, love, and obedience. As the journey moves through the Days of Awe and toward Yom Kippur, allow God to renew your identity and clarify how He is calling you to live.

Receive His cleansing, realign yourself with His purposes and assignments, and prepare to step forward with greater freedom and spiritual maturity. You are not simply completing a 40-day journey. You are preparing to carry His light into the next season of your life.

Focus | Days 31–40

Dressing In Garments Of Light

Lay down false identities and walk in the righteousness, light, alertness, and restored purpose you have received in Christ.

Daily Prayer Declaration

Almighty Father, my Redeemer and Restorer, I declare that the old has gone and the new has come. By faith I lay down anxiety, fear, shame, and every false identity. I clothe myself with Jesus Christ and receive His righteousness. I am chosen, holy, and deeply loved. Let Your light radiate through my speech, choices, relationships, and work. Awaken my spirit and refill my lamp with the oil of Your presence. I am awake, I am ready, and I step into the purpose and freedom You have prepared for me. In the victorious name of Jesus Christ, amen.

Journal Prompts

(Choose ONE question to focus on)

1. Which labels, identities, or past mistakes do I need to leave behind?
2. What does it mean to ‘put on Christ’ in today’s real pressures?
3. Which part of my life needs a fresh filling of the Holy Spirit?
4. What bold step of obedience will I carry into the new season?

Daily Bible Reading Plan

Days 39 and 40 have a more intensive reading plan to finish out the book of Psalms before Yom Kippur closes. This is part of the Hebraic tradition. Again, we are not under the law, so follow the Holy Spirit. If you do want to complete the entire book of Psalms before this challenge ends, then keep to the schedule. If it's too much physical reading, then you may choose to space the reading throughout the day and/or choose to listen to the audio Bible to help get them all in before the end of the High Holy Days.

Day	Psalms	New Testament
31	Psalms 91–93	Galatians 3:26–29
32	Psalms 94–96	2 Peter 1:3–4
33	Psalms 97–99	Romans 13:11–14
34	Psalms 100–102	Revelation 19:6–9
35	Psalms 103–105	Matthew 25:1–13
36	Psalms 106–108	2 Corinthians 5:17–21
37	Psalms 109–111	Hebrews 9:11–14
38	Psalms 112–114	1 Thessalonians 4:16–18
39	Psalms 115–132	Hebrews 10:19–23
40	Psalms 133–150	Revelation 21:1–5

Day 31 — Rosh Hashanah: The first full day of Rosh Hashanah, 1 Tishrei, begins the Ten Days of Awe leading to Yom Kippur. May you be inscribed with a good and sweet year. Eat apples dipped in honey today to signify a sweet year ahead.

Day 31 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 91–93 | Psalm 27 | Galatians 3:26–29

ROSH HASHANAH — THE HIGH HOLY DAYS BEGIN: Today is 1 Tishrei, the first full day of Rosh Hashanah and the beginning of the new year, starting the Ten Days of Awe. Reflect on God's kingship, receive the gift of a new beginning, and carry the fruit of your Elul preparation forward.

“May you be inscribed with a good and sweet year.”

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 32 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 94–96 | Psalm 27 | 2 Peter 1:3–4

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 33 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 97–99 | Psalm 27 | Romans 13:11–14

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 34 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 100–102 | Psalm 27 | Revelation 19:6–9

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 35 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 103–105 | Psalm 27 | Matthew 25:1–13

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 36 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 106–108 | Psalm 27 | 2 Corinthians 5:17–21

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 37 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 109–111 | Psalm 27 | Hebrews 9:11–14

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 38 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 112–114 | Psalm 27 | 1 Thessalonians 4:16–18

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 39 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 115–132 | Psalm 27 | Hebrews 10:19–23

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 40 | Reflections

Dressing In Garments Of Light

DATE: _____

Today's Reading

Psalms 133–150 | Psalm 27 | Revelation 21:1–5

What stood out to me in today's reading?

What is the Holy Spirit revealing, inviting me to release, or asking me to do?

Today, I Leave Behind...

Today, I Thank Jesus For...

Day 31-40 Closing Reflection

What did God reveal to me this week?

What am I releasing, and what truth or practice will I carry forward?

Who or what do I need to forgive this week? God? Myself? Others?

A prayer for the week ahead:

Finish With Grace

September 21, 2026

But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides. Matthew 6:33 AMPC

Close The Journey With Grace

Yom Kippur is the Day of Atonement on the Hebraic calendar. Christians honor the Hebrew roots of our faith on this day while resting in the finished atoning work of Jesus, our great High Priest (Hebrews 9–10).

Use this final day to remember, give thanks, and commit your next season to God. Ask God if there are any final areas he wants to address with you before the sun sets. Find space today to be quiet and still and just listen to what he may want to speak to you. Pay attention and stay tuned in to the Holy Spirit today. Look for signs or new ways for God to speak to you. He often brings clarity or releases new instructions to us on this day.

If possible, take communion just prior to sundown and thank God for his body and blood that redeems us once and for all.

Remember

Review your opening audit. Where did conviction become freedom? Where did God restore desire, peace, courage, or clarity?

Release

Name what you are leaving behind. Receive forgiveness in Christ, forgive others from the heart, and retain wise boundaries where needed.

Respond

Write one sentence describing the person you believe God is inviting you to become, then name one practice that will help you keep walking in that direction.

Final Declaration

Jesus, You are my righteousness, my mercy, and my new beginning. I receive Your finished work and lay down every agreement with shame. Thank You for meeting me in the field, searching my heart, restoring my first love, and teaching me to walk in forgiveness and light. I enter the new season awake, aligned, and available to You. Complete the good work You have begun in me. Continue to speak to me and guide me into greater levels of righteousness. As I wear the Garments of Light, help me shine brightly and radiate Your love and grace to others. In Jesus' name, Amen.

Final Reflections

What changed in me during these 40 days? How am I different after this?

What did I learn about God, myself, and my relationships?

Who is God asking me to be (and become) in this next season?

My commitment for the new season:

Final Thoughts

Congratulations! You have completed this 40-day journey of deep reflection, repentance, restoration, and renewal. You accepted the invitation to slow down, meet with the King, and allow Him to search your heart. Take a moment to honor the courage, honesty, and commitment it required to remain present throughout this process.

Although these 40 days are complete, your journey with God is not. The purpose of this experience was never simply to finish a challenge. It was to establish a deeper rhythm of seeking God, listening for His voice, responding to His correction, and walking in the light He has revealed.

The Bible encourages us not only to hear what God says, but to put it into practice:

But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]. James 1:22 AMPC

Carry these practices with you. Continue making space to meet with God, examine your heart, restore relationships, steward your life and assignments well, and respond quickly when the Holy Spirit reveals an area that needs attention. A daily practice of honest reflection, repentance, and realignment makes an annual spiritual audit much easier. When you regularly invite God to search your heart, small areas of drift can be addressed before they become strongholds.

Before you close this guide and this challenge, **consider completing the spiritual audit one more time.** Compare your responses with your original assessment, to recognize what God has healed, restored, strengthened, or brought into greater alignment.

Celebrate your progress, prayerfully acknowledge the areas that still need attention, and allow what God has shown you to shape your next steps.

You may also choose to revisit the audit periodically throughout the year. Let it become a practical tool for staying spiritually aware, accountable, and responsive to God. Continued

transformation comes as you faithfully practice what He has revealed:

But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).

James 1:25 AMPC

Let seeking God and meeting with the King become more than something you do during Elul. Make it your lifestyle. Return to your first love daily. Walk in forgiveness. Remain sensitive to the Holy Spirit. Keep choosing righteousness, obedience, and intimacy with God.

You are not leaving this journey as the same person who began it. Step into the next season wearing the Garments of Light, carrying the love and character of Christ, and reflecting His goodness wherever He sends you.

Keep seeking. Keep listening. Keep surrendering. Keep practicing. Keep meeting with the King.

Thank you for taking this journey with me. I really would love to hear what God did for you, in you, and with you over these 40 days.

By His Grace & In His Light,

 ***Krista***

P.S. To be continued....

Tell Us About Your Experience!

Please email us to share your experience with this 40-day spiritual journey. We would love to celebrate with you what God has done through this encounter. hello@inlightconnection.com



If you found this journey valuable, please consider making a one-time donation or becoming a monthly partner with InLight Connection.

Monthly Partner Benefits Include:

- Monthly mentoring calls on Zoom with Dr. Krista, guests, and the InLight team
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- Advance notice of upcoming offers and opportunities
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About Dr. Krista Abbott

Dr. Krista Abbott is the founder of Kingdom 818 and The Come Up Higher Group. She is the creator of The Come Up Higher Challenge and the Meet The King Challenge. She has spent decades at the intersection of prophetic ministry, strategic leadership, and the written word. Krista is widely known for her prophetic writing and teaching, as well as her impactful speaking ability.

In March 2026, Krista stepped in as the interim ministry lead for InLight Connection, a global prophetic ministry founded by the late Doug Addison and his wife Linda. She previously worked closely with Doug from 2015–2023 as InLight Connection’s Director of Operations & Marketing. Together they developed books, online training resources, courses, and prophetic schools that reached hundreds of thousands of people around the world.

Krista has subsequently served several international business and ministry clients across digital marketing, online program management, online event management, product development, writing, publishing, radio, and television.

She brings decades of experience helping people experience God, discover and step into their Kingdom assignments.

She has an earned Ph.D. in Theology and holds a dual ministry ordination with ICCM and Joan Hunter Ministries. She is a certified trainer, speaker, and coach with the John Maxwell Team, as well as a Certified Kingdom Life Coach and Certified 100X Kingdom Entrepreneur.



Krista’s heart is to help people encounter God and experience the full transformation that His unconditional love and acceptance can bring.

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