A little encouragement before you begin
Start where you are. Read at your own pace. If you miss a day, simply return to the next reading. There is room here for your questions, your prayers and your next small step.

A simple rhythm for each day

01

Read slowly

Notice what the passage says about God.

02

Respond honestly

Bring one question and one prayer.

03

Live it today

Choose one small, practical response.

> If we live by the Spirit, let’s also walk by the Spirit.
>
> *Galatians 5:25, World English Bible British Edition*

Before you begin: explore the study & discussion guide

For believers seeking a deeper understanding of the Holy Spirit, Spirit-filled living, spiritual gifts, character and Christian witness. Grow in dependence on the Holy Spirit through Scripture, prayer, Christlike character, loving service and accountable use of gifts.

Know the Spirit who points us to Jesus

Read John 14:15–18 and 16:12–15 under Days 1 and 2. The Holy Spirit is not an impersonal force to manipulate. ANCC confesses one God, Father, Son and Holy Spirit. The Spirit helps believers, glorifies Christ and leads into truth. Begin with relationship and dependence rather than chasing an experience. Read the passage, ask what it reveals about Jesus and invite the Spirit to shape your response in a real situation.

Receive power for witness and grace for character

Read Acts 1:4–8, 2:1–21 and Galatians 5:16–25 under Days 5, 6 and 9. ANCC teaches

baptism in the Holy Spirit as empowerment for gospel witness and welcomes spiritual gifts within biblical boundaries. The fruit of the Spirit also matters: love, patience, gentleness and self-control must not be bypassed in pursuit of visible power. Ask for fresh filling and boldness, while remaining teachable and attentive to the effect of your conduct on others.

Let every gift serve in love

Read the passages from 1 Corinthians 12–14 under Days 15, 16, 18 and 19. Gifts differ, but their purpose is the common good. No manifestation makes its bearer beyond correction. Gifts should agree with Scripture and operate with love, order and consent. Prayer in tongues, prophecy and other gifts are matters for biblical teaching and accountable practice, not pressure to imitate a sound or produce a result. Keep Scripture, humility and the wellbeing of others central.

Discuss and apply

1. What does Jesus say the Spirit will do?
2. How does Acts connect spiritual power with witness?
3. Which fruit of the Spirit needs attention in your relationships?
4. What makes a spiritual gift useful to others rather than impressive?
5. How can you be expectant and also open to correction?

Your practical exercise: Keep a thirty-day Spirit-led practice journal. Each day record one truth about the Spirit, one prayer and one action of love or obedience. At days 7, 14, 21 and 28, review with a trusted mature Christian where possible. Discuss gifts through Scripture rather than rating experiences. At day 30, choose an ongoing rhythm of prayer, fellowship, service and accountability that fits your capacity.

For leaders: Do not manufacture manifestations, rank people by experiences or insist on touch. No one should imitate tongues or offer a prophecy to satisfy group pressure. Teach ANCC doctrine through Scripture and invite questions. Test impressions; never use them to replace medical advice, override consent or control decisions. Safeguarding and pastoral accountability remain necessary.

Every daily passage is printed in full. The declarations are optional, Scripture-shaped responses of faith and commitment, not new revelation, commands controlling God or other people, or guaranteed outcomes. Read the passage before speaking. Scripture uses the public-domain World English Bible British Edition unless a reading is labelled World English Bible.

Day 1: The promised Helper

Read the BibleJohn 14:15–18.

> [15] If you love me, keep my commandments. [16] I will pray to the Father, and he will give you another Counsellor, that he may be with you forever: [17] the Spirit of truth, whom the world can’t receive, for it doesn’t see him and doesn’t know him. You know him, for he lives with you and will be in you. [18] I will not leave you orphans. I will come to you.

Reflect on the Word

Jesus promises the Spirit to his disciples in the setting of love and obedience. You are not being invited to manipulate a spiritual force. Begin by asking for help in knowing Christ and living his way. The Spirit’s presence is a gift, not a prize awarded to the most impressive believer.

Pause & reflect

Where do you need help to follow Jesus today?

Make this your prayer

Holy Spirit, help me know and love Jesus more deeply. Lead me into a faithful response in the ordinary situation before me. Amen.

Carry this truth with you

God has not left believers as orphans; I may depend on the promised Helper.

One small step today

Name one area where you need the Spirit’s help.

Next: The Spirit glorifies Jesus

Day 2: The Spirit glorifies Jesus

Read the BibleJohn 16:12–15.

> [12] “I still have many things to tell you, but you can’t bear them now. [13] However, when he, the Spirit of truth, has come, he will guide you into all truth, for he will not speak from himself; but whatever he hears, he will speak. He will declare to you things that are coming. [14] He will glorify me, for he will take from what is mine and will declare it to

> you. [15] All things that the Father has are mine; therefore I said that he takes of mine and will declare it to you.

Reflect on the Word

Jesus describes the Spirit's work in relation to truth and his own glory. Spiritual experiences should not displace Christ from the centre. Ask whether a practice draws you towards Jesus' character and teaching or mainly towards the importance of a personality. Keep returning to the biblical witness about the Lord you follow.

Pause & reflect

What is becoming the centre of your spiritual attention?

Make this your prayer

Father, let the Spirit deepen my knowledge of Jesus. Keep me from distractions that make personalities or experiences more important than Christ. Amen.

Carry this truth with you

Jesus Christ is the centre of Spirit-filled life.

One small step today

Note what this passage says the Spirit will communicate and glorify.

Next: New birth by grace

Day 3: New birth by grace

Read the BibleTitus 3:3–7 — World English Bible.

> [3] For we were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful, and hating one another. [4] But when the kindness of God our Savior and his love toward mankind appeared, [5] not by works of righteousness which we did ourselves, but according to his mercy, he saved us through the washing of regeneration and renewing by the Holy Spirit, [6] whom he poured out on us richly through Jesus Christ our Savior; [7] that being justified by his grace, we might be

> made heirs according to the hope of eternal life.

Reflect on the Word

The passage connects salvation with God’s mercy and the renewing work of the Holy Spirit. You cannot manufacture new life by performing a particular experience. Receive God’s grace and ask how it changes your treatment of others. Remembering mercy should make us humble, not superior towards people at an earlier stage of faith.

Pause & reflect

How does remembering mercy change your attitude to others?

Make this your prayer

God, thank you for saving mercy and the Spirit’s renewing work. Keep me humble and help me treat others with the grace I have received. Amen.

Carry this truth with you

My new life rests on God’s mercy and the Holy Spirit’s renewing work.

One small step today

Offer patience to someone whose journey differs from yours.

Next: The Spirit of adoption

Day 4: The Spirit of adoption

Read the BibleRomans 8:14–17.

> [14] For as many as are led by the Spirit of God, these are children of God. [15] For you
> didn’t receive the spirit of bondage again to fear, but you received the Spirit of
> adoption, by whom we cry, “Abba! Father!” [16] The Spirit himself testifies with our spirit
> that we are children of God; [17] and if children, then heirs—heirs of God and joint heirs
> with Christ, if indeed we suffer with him, that we may also be glorified with him.

Reflect on the Word

Paul describes believers as children of God rather than people driven only by fear. Adoption speaks of belonging, not immunity from difficulty. Bring your requests to the Father with the trust of a child learning to be loved. The Spirit's work includes this relationship, not only visible gifts.

Pause & reflect

Where are you approaching God mainly through fear of rejection?

Make this your prayer

Father, teach me the confidence of belonging to you through Christ. Let the Spirit deepen trust where fear has shaped my prayers. Amen.

Carry this truth with you

In Christ I am welcomed as God's child, not left to earn a place through fear.

One small step today

Begin prayer by addressing God as Father and naming one honest need.

Next: Power for witness

Day 5: Power for witness

Read the BibleActs 1:4–8 — World English Bible.

> [4] Being assembled together with them, he commanded them, "Don't depart from Jerusalem, but wait for the promise of the Father, which you heard from me. [5] For John indeed baptized in water, but you will be baptized in the Holy Spirit not many days from now." [6] Therefore, when they had come together, they asked him, "Lord, are you now restoring the kingdom to Israel?" [7] He said to them, "It isn't for you to know times or seasons which the Father has set within his own authority. [8] But you will receive power when the Holy Spirit has come upon you. You will be witnesses to me in Jerusalem, in all Judea and Samaria, and to the uttermost parts of the earth."

Reflect on the Word

Jesus connects the Spirit's power with being witnesses to him. The promise directs the church outwards rather than towards spiritual status. Ask for courage to speak truthfully about Jesus and to embody his love. Witness begins with people actually around you, not only an imagined future platform.

Pause & reflect

Who could encounter Christ's love through your conduct?

Make this your prayer

Holy Spirit, empower me to bear witness to Jesus with courage and love. Help my words and actions make his character clearer. Amen.

Carry this truth with you

The Spirit's power is given for witness to Christ, not for my self-importance.

One small step today

Pray for one person and consider a respectful act of care.

Next: Pentecost and the good news

Day 6: Pentecost and the good news

Read the BibleActs 2:1–21 — World English Bible.

> [1] Now when the day of Pentecost had come, they were all with one accord in one place.
> [2] Suddenly there came from the sky a sound like the rushing of a mighty wind, and it filled all the house where they were sitting. [3] Tongues like fire appeared and were distributed to them, and one sat on each of them. [4] They were all filled with the Holy Spirit and began to speak with other languages, as the Spirit gave them the ability to speak.
>
> [5] Now there were dwelling in Jerusalem Jews, devout men, from every nation under the sky. [6] When this sound was heard, the multitude came together and were bewildered, because everyone heard them speaking in his own language. [7] They were all amazed and marveled, saying to one another, "Behold, aren't all these who speak Galileans? [8]

> How do we hear, everyone in our own native language? [9] Parthians, Medes, Elamites,
> and people from Mesopotamia, Judea, Cappadocia, Pontus, Asia, [10] Phrygia, Pamphylia,
> Egypt, the parts of Libya around Cyrene, visitors from Rome, both Jews and proselytes,
> [11] Cretans and Arabians—we hear them speaking in our languages the mighty works of
> God!" [12] They were all amazed and were perplexed, saying to one another, "What does
> this mean?" [13] Others, mocking, said, "They are filled with new wine."
>
> [14] But Peter, standing up with the eleven, lifted up his voice and spoke out to them,
> "You men of Judea and all you who dwell at Jerusalem, let this be known to you, and
> listen to my words. [15] For these aren't drunken, as you suppose, seeing it is only the
> third hour of the day. [16] But this is what has been spoken through the prophet Joel: [17] 'It
> will be in the last days, says God, that I will pour out my Spirit on all flesh. Your sons
> and your daughters will prophesy. Your young men will see visions. Your old men will
> dream dreams. [18] Yes, and on my servants and on my handmaidens in those days, I will
> pour out my Spirit, and they will prophesy. [19] I will show wonders in the sky above, and
> signs on the earth beneath: blood, and fire, and billows of smoke. [20] The sun will be
> turned into darkness, and the moon into blood, before the great and glorious day of the
> Lord comes. [21] It will be that whoever will call on the name of the Lord will be saved.'

Reflect on the Word

The coming of the Spirit draws attention to God's works across language differences, and Peter explains what is happening through Scripture. The event leads into the proclamation of Jesus. Notice both spiritual power and intelligible explanation. Ask God to make the good news accessible across differences rather than making unfamiliarity a barrier.

Pause & reflect

How could your church make its message more understandable?

Make this your prayer

God, fill your church with the Spirit and help us speak clearly across differences. Let people hear the good news of Jesus with understanding. Amen.

Carry this truth with you

The Holy Spirit equips the church to make Christ known across human barriers.

One small step today

Explain one Christian term in ordinary language.

Next: Ask the Father

Day 7: Ask the Father

Read the BibleLuke 11:9–13 — World English Bible.

> [9] “I tell you, keep asking, and it will be given you. Keep seeking, and you will find. Keep knocking, and it will be opened to you. [10] For everyone who asks receives. He who seeks finds. To him who knocks it will be opened.
>
> [11] “Which of you fathers, if your son asks for bread, will give him a stone? Or if he asks for a fish, he won’t give him a snake instead of a fish, will he? [12] Or if he asks for an egg, he won’t give him a scorpion, will he? [13] If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him?”

Reflect on the Word

Jesus encourages his hearers to ask the Father, who gives good gifts. Come with openness rather than trying to force a particular sensation. You may ask for the Spirit’s help and fresh filling in your own words. Review this first week by noticing what you have learnt, not comparing your experience with someone else’s.

Pause & reflect

What are you asking the Father to develop in you?

Make this your prayer

Father, fill me afresh with your Holy Spirit. Deepen my love for Jesus and equip me for faithful, loving service. Amen.

Carry this truth with you

I may ask the Father confidently for the Spirit’s help without performing for a result.

One small step today

Pray a simple request and discuss one question from this week’s readings.

Next: Keep being filled

Pause and notice

What are you discovering about God — and what will you carry into the week ahead?

Write one encouragement and one question. Consider sharing them with someone you trust.

Day 8: Keep being filled

Read the BibleEphesians 5:15–21.

> [15] Therefore watch carefully how you walk, not as unwise, but as wise, [16] redeeming the time, because the days are evil. [17] Therefore, don’t be foolish, but understand what the will of the Lord is. [18] Don’t be drunken with wine, in which is dissipation, but be filled with the Spirit, [19] speaking to one another in psalms, hymns, and spiritual songs; singing and making melody in your heart to the Lord; [20] giving thanks always concerning all things in the name of our Lord Jesus Christ to God, even the Father; [21] subjecting yourselves to one another in the fear of Christ.

Reflect on the Word

Spirit-filled living appears here alongside wisdom, worship, thanksgiving and mutual care. It reaches beyond a memorable meeting into the way time and relationships are handled. Ask what one part of your daily life would look like under the Spirit’s influence. A filled life should become a loving life.

Pause & reflect

Which daily pattern needs renewed attention?

Make this your prayer

Holy Spirit, fill and shape my everyday life. Teach me wise use of time, grateful worship and respectful care for others. Amen.

Carry this truth with you

Spirit-filled life can shape my ordinary hours, relationships and choices.

One small step today

Adjust one daily practice to make room for prayer or attentive care.

Next: The fruit begins with love

Day 9: The fruit begins with love

Read the BibleGalatians 5:16–25.

> [16] But I say, walk by the Spirit, and you won't fulfil the lust of the flesh. [17] For the flesh
> lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one
> another, that you may not do the things that you desire. [18] But if you are led by the
> Spirit, you are not under the law.
>
> [19] Now the deeds of the flesh are obvious, which are: adultery, sexual immorality,
> uncleanness, lustfulness, [20] idolatry, sorcery, hatred, strife, jealousies, outbursts of
> anger, rivalries, divisions, heresies, [21] envy, murders, drunkenness, orgies, and things
> like these; of which I forewarn you, even as I also forewarned you, that those who
> practise such things will not inherit God's Kingdom.
>
> [22] But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, [23]
> gentleness, and self-control. Against such things there is no law. [24] Those who belong to
> Christ have crucified the flesh with its passions and lusts. [25] If we live by the Spirit, let's
> also walk by the Spirit.

Reflect on the Word

Paul contrasts destructive conduct with the Spirit's fruit. Love is not a decorative addition to spiritual power. It is central evidence of a life being formed by God. Ask how your growth affects the people closest to you. They may experience patience and kindness more clearly than your description of an intense encounter.

Pause & reflect

Who needs to experience greater love from you?

Make this your prayer

Spirit of God, grow your fruit in me. Let those around me experience patient and practical love, not only hear my spiritual language. Amen.

Carry this truth with you

The Spirit’s work in me is meant to become visible in Christlike love.

One small step today

Choose one specific action that expresses love in a difficult relationship.

Next: Joy that does not require denial

Day 10: Joy that does not require denial

Read the BiblePhilippians 4:4–7.

> [4] Rejoice in the Lord always! Again I will say, “Rejoice!” [5] Let your gentleness be known to all men. The Lord is at hand. [6] In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Reflect on the Word

Joy in the Lord belongs alongside prayer about real concerns. It is not a command to disguise pain or mental-health symptoms. Turn towards the goodness of God while naming what is difficult. You can be thankful for a genuine gift without claiming that the whole situation feels joyful.

Pause & reflect

What good can you notice without denying what hurts?

Make this your prayer

Lord, deepen my joy in you and help me pray honestly about what troubles me. Keep

gratitude truthful and free from pressure. Amen.

Carry this truth with you

I can rejoice in God’s goodness while bringing real sorrow and concern to him.

One small step today

Thank God for one specific kindness you have received.

Next: Peace that serves relationships

Day 11: Peace that serves relationships

Read the BibleEphesians 4:1–6.

> [1] I therefore, the prisoner in the Lord, beg you to walk worthily of the calling with which you were called, [2] with all lowliness and humility, with patience, bearing with one another in love, [3] being eager to keep the unity of the Spirit in the bond of peace. [4] There is one body and one Spirit, even as you also were called in one hope of your calling, [5] one Lord, one faith, one baptism, [6] one God and Father of all, who is over all and through all and in us all.

Reflect on the Word

Paul connects unity with humility, gentleness, patience and love. Peace is more than avoiding a difficult topic; it grows through conduct that honours others. Ask where pride is making cooperation harder. Unity does not require hiding abuse or abandoning truth. Seek the peace that can live alongside honesty and accountability.

Pause & reflect

What humble action could improve a strained relationship?

Make this your prayer

Holy Spirit, form humility and patience in me. Help me pursue truthful peace without ignoring harm or demanding that everyone agree with me. Amen.

Carry this truth with you

I will pursue unity through humility, truth and love, not silence about wrongdoing.

One small step today

Take one safe step towards understanding or repair.

Next: Patience in ordinary moments

Day 12: Patience in ordinary moments

Read the BibleColossians 3:12–14.

> [12] Put on therefore, as God’s chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; [13] bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do. [14] Above all these things, walk in love, which is the bond of perfection.

Reflect on the Word

Patience is practised when another person interrupts your preferred pace. Notice a recurring moment: waiting, repeated questions or a different way of doing a task. Choose one response that honours the person rather than treating them as an obstacle. The Spirit forms character where life is actually happening.

Pause & reflect

Where is impatience most predictable for you?

Make this your prayer

Father, let the Spirit grow patience in me. Help me respond to interruptions and differences with kindness instead of contempt. Amen.

Carry this truth with you

By God’s grace I can practise patience in the ordinary moments that reveal my character.

One small step today

Pause before one predictable impatient response and choose a kinder sentence.

Next: Gentleness is not weakness

Day 13: Gentleness is not weakness

Read the BibleGalatians 6:1–5.

> [1] Brothers, even if a man is caught in some fault, you who are spiritual must restore such a one in a spirit of gentleness, looking to yourself so that you also aren’t tempted. [2] Bear one another’s burdens, and so fulfil the law of Christ. [3] For if a man thinks himself to be something when he is nothing, he deceives himself. [4] But let each man examine his own work, and then he will have reason to boast in himself, and not in someone else. [5] For each man will bear his own burden.

Reflect on the Word

Spiritual maturity should make restoration gentle and self-aware. Correction becomes harmful when it humiliates or displays superiority. A gentle response can still be clear about wrongdoing and consequences. Ask for wisdom in how you help someone, remembering that your own need for grace has not ended.

Pause & reflect

How can you speak truth without using another person’s failure for status?

Make this your prayer

Lord, make me gentle and honest when correction is needed. Keep me aware of my own weakness and committed to another person’s good. Amen.

Carry this truth with you

Gentleness and truthful accountability can belong together.

One small step today

Review the tone of one difficult conversation before having it.

Next: Review character, not spectacle

Day 14: Review character, not spectacle

Read the BibleGalatians 5:22–26.

> [22] But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, [23] gentleness, and self-control. Against such things there is no law. [24] Those who belong to Christ have crucified the flesh with its passions and lusts. [25] If we live by the Spirit, let’s also walk by the Spirit. [26] Let’s not become conceited, provoking one another, and envying one another.

Reflect on the Word

The passage ends by warning against conceit, provocation and envy. Compare your conduct with Christ’s character rather than another person’s experience. Which fruit has become more practical this week? Which situation still needs prayer, planning or support? Let the review lead to a realistic next step rather than a spiritual ranking.

Pause & reflect

What is one visible area of growth and one remaining need?

Make this your prayer

Holy Spirit, help me review my life honestly. Grow what is good and guide the next practical step where character still needs change. Amen.

Carry this truth with you

I will seek the Spirit’s fruit without conceit or comparison.

One small step today

Share one encouragement and one growth goal with a trusted Christian.

Next: Different gifts, one Spirit

Pause and notice

What are you discovering about God — and what will you carry into the week ahead?

Write one encouragement and one question. Consider sharing them with someone you trust.

Day 15: Different gifts, one Spirit

Read the Bible1 Corinthians 12:4–11 — World English Bible.

> [4] Now there are various kinds of gifts, but the same Spirit. [5] There are various kinds of service, and the same Lord. [6] There are various kinds of workings, but the same God who works all things in all. [7] But to each one is given the manifestation of the Spirit for the profit of all.
>
> [8] For to one is given through the Spirit the word of wisdom, and to another the word of knowledge according to the same Spirit, [9] to another faith by the same Spirit, and to another gifts of healings by the same Spirit, [10] and to another workings of miracles, and to another prophecy, and to another discerning of spirits, to another different kinds of languages, and to another the interpretation of languages. [11] But the one and the same Spirit produces all of these, distributing to each one separately as he desires.

Reflect on the Word

Paul describes variety under one Spirit and a purpose beyond the individual: the common good. No believer must imitate someone else’s gift to matter. Begin with willingness to serve, then learn through Scripture and accountable practice. A gift is not a licence to operate without wisdom, preparation or care for those affected.

Pause & reflect

What need could your willingness to serve help meet?

Make this your prayer

Holy Spirit, distribute and develop gifts for the good of your church. Help me serve without comparison and learn with humility. Amen.

Carry this truth with you

The Spirit gives diverse gifts for the common good, not a hierarchy of human worth.

One small step today

Identify a need before trying to name your own gift.

Next: Love is the more excellent way

Day 16: Love is the more excellent way

Read the Bible1 Corinthians 13:1–7 — World English Bible.

> [1] If I speak with the languages of men and of angels, but don’t have love, I have become sounding brass or a clanging cymbal. [2] If I have the gift of prophecy, and know all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but don’t have love, I am nothing. [3] If I give away all my goods to feed the poor, and if I give my body to be burned, but don’t have love, it profits me nothing.
>
> [4] Love is patient and is kind. Love doesn’t envy. Love doesn’t brag, is not proud, [5] doesn’t behave itself inappropriately, doesn’t seek its own way, is not provoked, takes no account of evil; [6] doesn’t rejoice in unrighteousness, but rejoices with the truth; [7] bears all things, believes all things, hopes all things, and endures all things.

Reflect on the Word

Paul describes remarkable spiritual activity that becomes empty without love. The test is not only what happened in a meeting but how people were treated. Ask whether your desire for a gift is joined to willingness to care for others. Love must shape both the purpose and the manner of spiritual service.

Pause & reflect

What motive needs to be brought honestly before God?

Make this your prayer

Father, let love govern my desire for spiritual gifts. Free me from the need to impress and make my service genuinely useful to others. Amen.

Carry this truth with you

No spiritual gift can replace the love Christ calls me to practise.

One small step today

Perform one quiet act of service that brings you no visibility.

Next: Gifts are entrusted for service

Day 17: Gifts are entrusted for service

Read the Bible1 Peter 4:7–11.

> [7] But the end of all things is near. Therefore be of sound mind, self-controlled, and sober in prayer. [8] And above all things be earnest in your love amongst yourselves, for love covers a multitude of sins. [9] Be hospitable to one another without grumbling. [10] As each has received a gift, employ it in serving one another, as good managers of the grace of God in its various forms. [11] If anyone speaks, let it be as it were the very words of God. If anyone serves, let it be as of the strength which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.

Reflect on the Word

Peter connects gifts with stewardship, hospitality and service in God’s strength. A gift is something entrusted, not an identity that makes ordinary responsibilities beneath you. Use what you have with care and appropriate limits. Receiving training and feedback can be part of good stewardship rather than a threat to spiritual authenticity.

Pause & reflect

What would faithful stewardship of an ability look like?

Make this your prayer

God, help me use what you have entrusted to me with humility. Strengthen my service and make me willing to learn and receive feedback. Amen.

Carry this truth with you

I am a steward of God’s gifts, accountable for using them in loving service.

One small step today

Ask about appropriate preparation or training for an area of service.

Next: Encouragement that can be weighed

Day 18: Encouragement that can be weighed

Read the Bible1 Corinthians 14:1–5 and 29–33 — World English Bible.

> [1] Follow after love and earnestly desire spiritual gifts, but especially that you may prophesy. [2] For he who speaks in another language speaks not to men, but to God, for no one understands, but in the Spirit he speaks mysteries. [3] But he who prophesies speaks to men for their edification, exhortation, and consolation. [4] He who speaks in another language edifies himself, but he who prophesies edifies the assembly. [5] Now I desire to have you all speak with other languages, but even more that you would prophesy. For he is greater who prophesies than he who speaks with other languages, unless he interprets, that the assembly may be built up.

> [29] Let two or three of the prophets speak, and let the others discern. [30] But if a revelation is made to another sitting by, let the first keep silent. [31] For you all can prophesy one by one, that all may learn and all may be exhorted. [32] The spirits of the prophets are subject to the prophets, [33] for God is not a God of confusion but of peace, as in all the assemblies of the saints.

Reflect on the Word

Paul encourages spiritual gifts and provides for the weighing of messages. Share an encouragement humbly, making clear the difference between Scripture and your impression. Do not claim authority over someone’s life decisions. A word that helps another person should withstand questions and remain consistent with the biblical witness.

Pause & reflect

Can the words you intend to share be questioned freely?

Make this your prayer

Holy Spirit, guide my speech towards encouragement and truth. Keep me humble about impressions and willing to have my words weighed. Amen.

Carry this truth with you

I will seek to strengthen others without making my impressions equal to Scripture.

One small step today

Write a simple encouragement based directly on a passage and avoid predictions.

Next: Prayer with understanding

Day 19: Prayer with understanding

Read the Bible1 Corinthians 14:13–19 and 26–28 — World English Bible.

> [13] Therefore let him who speaks in another language pray that he may interpret. [14] For if I pray in another language, my spirit prays, but my understanding is unfruitful. [15] What should I do? I will pray with the spirit, and I will pray with the understanding also. I will sing with the spirit, and I will sing with the understanding also. [16] Otherwise, if you bless with the spirit, how will he who fills the place of the unlearned say the “Amen” at your giving of thanks, seeing he doesn’t know what you say? [17] For you most certainly give thanks well, but the other person is not built up. [18] I thank my God, I speak with other languages more than you all. [19] However, in the assembly I would rather speak five words with my understanding, that I might instruct others also, than ten thousand words in another language.

> [26] What is it then, brothers? When you come together, each one of you has a psalm, has a teaching, has a revelation, has another language, or has an interpretation. Let all things be done to build each other up. [27] If any man speaks in another language, let there be two, or at the most three, and in turn; and let one interpret. [28] But if there is no interpreter, let him keep silent in the assembly, and let him speak to himself and to God.

Reflect on the Word

Paul values spiritual prayer and also the understanding of the gathered church. Public contributions should serve others, with interpretation and order where required. Do not manufacture words or imitate a manifestation to meet expectations. Ask questions and learn ANCC's teaching in a setting where consent and freedom are respected.

Pause & reflect

How can spiritual expression serve the understanding of others?

Make this your prayer

Lord, guide our worship in Spirit and truth. Help us honour biblical order, respect others and refuse the pressure to perform an experience. Amen.

Carry this truth with you

Spiritual expression should honour God and build others up, not demand imitation or confusion.

One small step today

Read the passage in context and ask a mature leader one question.

Next: Pray for the sick with compassion

Day 20: Pray for the sick with compassion

Read the BibleJames 5:13–16.

> [13] Is any amongst you suffering? Let him pray. Is any cheerful? Let him sing praises. [14] Is any amongst you sick? Let him call for the elders of the assembly, and let them pray over him, anointing him with oil in the name of the Lord; [15] and the prayer of faith will heal him who is sick, and the Lord will raise him up. If he has committed sins, he will be forgiven. [16] Confess your sins to one another and pray for one another, that you may be healed. The insistent prayer of a righteous person is powerfully effective.

Reflect on the Word

The church is invited to pray for those who suffer. Begin by asking what the person wants and what boundaries matter. Pray specifically for healing and strength while respecting ongoing treatment. Report any change honestly. No lack of visible improvement authorises blame, payment demands or pressure to stop professional care.

Pause & reflect

What does respectful, compassionate prayer require?

Make this your prayer

Father, bring healing and strength to those who are ill. Guide their care and teach us to pray with faith, humility and consent. Amen.

Carry this truth with you

I may pray boldly for healing while honouring the person, their consent and appropriate care.

One small step today

Pray for someone with permission and offer one practical form of help.

Next: Review gifts through love

Day 21: Review gifts through love

Read the BibleRomans 12:3–8.

> [3] For I say through the grace that was given me, to everyone who is amongst you, not to think of yourself more highly than you ought to think; but to think reasonably, as God has apportioned to each person a measure of faith. [4] For even as we have many members in one body, and all the members don’t have the same function, [5] so we, who are many, are one body in Christ, and individually members of one another, [6] having gifts differing according to the grace that was given to us: if prophecy, let’s prophesy according to the proportion of our faith; [7] or service, let’s give ourselves to service; or he who teaches, to his teaching; [8] or he who exhorts, to his exhorting; he who gives, let him do it with generosity; he who rules, with diligence; he who shows mercy, with

> cheerfulness.

Reflect on the Word

Paul urges sober judgement alongside the recognition of different gifts. Review what you have learnt about serving rather than trying to prove a spiritual identity. Ask for feedback from a mature person who can encourage and correct you. A useful next step may be training, practice, rest or a smaller commitment.

Pause & reflect

What feedback would help you serve more responsibly?

Make this your prayer

Lord, give me sober judgement about my gifts and limits. Help me receive feedback and choose service that genuinely benefits others. Amen.

Carry this truth with you

By grace I can serve with humility, teachability and respect for my limits.

One small step today

Discuss one possible area of service and the preparation it requires.

Next: The Spirit works through Scripture

Pause and notice

What are you discovering about God — and what will you carry into the week ahead?

Write one encouragement and one question. Consider sharing them with someone you trust.

Day 22: The Spirit works through Scripture

Read the Bible2 Timothy 3:14–17 — World English Bible.

> [14] But you remain in the things which you have learned and have been assured of, knowing from whom you have learned them. [15] From infancy, you have known the holy

> Scriptures which are able to make you wise for salvation through faith which is in Christ Jesus. [16] Every Scripture is God-breathed and profitable for teaching, for reproof, for correction, and for instruction in righteousness, [17] that each person who belongs to God may be complete, thoroughly equipped for every good work.

Reflect on the Word

Scripture equips God's people for good work. Spiritual maturity does not outgrow careful Bible reading. Examine the context of a verse before making it a declaration or an instruction for someone else. Ask what the text actually teaches and how it corrects your assumptions as well as encouraging your hopes.

Pause & reflect

Which familiar verse needs a more careful reading?

Make this your prayer

Spirit of God, teach and correct me through Scripture. Help me receive its truth rather than using isolated words to endorse my preferences. Amen.

Carry this truth with you

I will remain teachable under Scripture rather than place impressions above it.

One small step today

Read the paragraph around one verse you often quote.

Next: Test and hold what is good

Day 23: Test and hold what is good

Read the Bible1 Thessalonians 5:19–22.

> [19] Don't quench the Spirit. [20] Don't despise prophecies. [21] Test all things, and hold firmly that which is good. [22] Abstain from every form of evil.

Reflect on the Word

Openness and discernment belong together. A spiritual claim may be sincerely offered and still mistaken. You may pause before acting, compare it with Scripture and seek independent counsel. Do not accept a command to give money, marry, stop treatment or keep abuse secret simply because someone speaks confidently in God’s name.

Pause & reflect

What test would you apply before acting on a spiritual claim?

Make this your prayer

God, give me discernment without cynicism. Help me welcome what is good and refuse manipulation or claims that contradict your word. Amen.

Carry this truth with you

I may test spiritual claims and refuse coercion without fearing that I have rejected God.

One small step today

Use Testing Spiritual Messages with Humility to evaluate an invented claim.

Next: Guidance can be accountable

Day 24: Guidance can be accountable

Read the BibleActs 15:6–29 — World English Bible.

> 6 The apostles and the elders were gathered together to see about this matter. 7 When there had been much discussion, Peter rose up and said to them, “Brothers, you know that a good while ago God made a choice among you that by my mouth the nations should hear the word of the Good News and believe. 8 God, who knows the heart, testified about them, giving them the Holy Spirit, just like he did to us. 9 He made no distinction between us and them, cleansing their hearts by faith. 10 Now therefore why do you tempt God, that you should put a yoke on the neck of the disciples which neither our fathers nor we were able to bear? 11 But we believe that we are saved through the grace of the Lord Jesus, just as they are.”
>
> 12 All the multitude kept silence, and they listened to Barnabas and Paul reporting what

signs and wonders God had done among the nations through them. [13] After they were silent, James answered, “Brothers, listen to me. [14] Simeon has reported how God first visited the nations to take out of them a people for his name. [15] This agrees with the words of the prophets. As it is written, [16] ‘After these things I will return. I will again build the tabernacle of David, which has fallen. I will again build its ruins. I will set it up [17] that the rest of men may seek after the Lord: all the Gentiles who are called by my name, says the Lord, who does all these things.’

[18] “All of God’s works are known to him from eternity. [19] Therefore my judgment is that we don’t trouble those from among the Gentiles who turn to God, [20] but that we write to them that they abstain from the pollution of idols, from sexual immorality, from what is strangled, and from blood. [21] For Moses from generations of old has in every city those who preach him, being read in the synagogues every Sabbath.”

[22] Then it seemed good to the apostles and the elders, with the whole assembly, to choose men out of their company, and send them to Antioch with Paul and Barnabas: Judas called Barsabbas, and Silas, chief men among the brothers. [23] They wrote these things by their hand: “The apostles, the elders, and the brothers, to the brothers who are of the Gentiles in Antioch, Syria, and Cilicia: greetings.

[24] Because we have heard that some who went out from us have troubled you with words, unsettling your souls, saying, ‘You must be circumcised and keep the law,’ to whom we gave no commandment; [25] it seemed good to us, having come to one accord, to choose out men and send them to you with our beloved Barnabas and Paul, [26] men who have risked their lives for the name of our Lord Jesus Christ. [27] We have sent therefore Judas and Silas, who themselves will also tell you the same things by word of mouth. [28] For it seemed good to the Holy Spirit, and to us, to lay no greater burden on you than these necessary things: [29] that you abstain from things sacrificed to idols, from blood, from things strangled, and from sexual immorality, from which if you keep yourselves, it will be well with you. Farewell.”

Reflect on the Word

The church’s decision includes discussion, testimony, Scripture and shared judgement. Notice how guidance involves listening rather than one person’s unchallengeable certainty. Decisions affecting others deserve appropriate evidence and consultation. The Spirit’s work does not remove the need to communicate reasons and consider the burden placed on people.

Pause & reflect

Whose voice should be included in a decision you are making?

Make this your prayer

Holy Spirit, guide our decisions through truth, wise counsel and humble listening. Help us consider those affected and explain our reasons honestly. Amen.

Carry this truth with you

Spiritual guidance can welcome evidence, shared discernment and accountability.

One small step today

Invite one relevant perspective before settling a significant decision.

Next: Boldness without aggression

Day 25: Boldness without aggression

Read the BibleActs 4:23–31 — World English Bible.

> [23] Being let go, they came to their own company and reported all that the chief priests and the elders had said to them. [24] When they heard it, they lifted up their voice to God with one accord and said, “O Lord, you are God, who made the sky, the earth, the sea, and all that is in them; [25] who by the mouth of your servant David, said, ‘Why do the nations rage, and the peoples plot a vain thing? [26] The kings of the earth take a stand, and the rulers plot together, against the Lord, and against his Christ.’
>
> [27] “For truly, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together against your holy servant Jesus, whom you anointed, [28] to do whatever your hand and your counsel foreordained to happen. [29] Now, Lord, look at their threats, and grant to your servants to speak your word with all boldness, [30] while you stretch out your hand to heal; and that signs and wonders may be done through the name of your holy Servant Jesus.”
>
> [31] When they had prayed, the place was shaken where they were gathered together. They were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Reflect on the Word

The believers ask for courage to speak God’s word amid opposition. Boldness is not permission to intimidate or disregard another person’s freedom. Ask for courage joined to clarity and love. You may state your conviction without forcing a conversation or treating

disagreement as a personal attack.

Pause & reflect

Where do you need courage to speak respectfully?

Make this your prayer

Lord, fill me with the Spirit’s courage. Help me speak of Jesus clearly and respectfully, without aggression or fear of honest questions. Amen.

Carry this truth with you

The Spirit can give me boldness that remains truthful, loving and respectful.

One small step today

Prepare a gentle answer to one genuine question about your faith.

Next: Across human barriers

Day 26: Across human barriers

Read the BibleActs 10:34–48 — World English Bible.

> [34] Peter opened his mouth and said, “Truly I perceive that God doesn’t show favoritism;
> [35] but in every nation he who fears him and works righteousness is acceptable to him. [36]
> The word which he sent to the children of Israel, preaching good news of peace by Jesus
> Christ—he is Lord of all— [37] you yourselves know what happened, which was proclaimed
> throughout all Judea, beginning from Galilee, after the baptism which John preached; [38]
> how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went
> about doing good and healing all who were oppressed by the devil, for God was with
> him.
>
> [39] We are witnesses of everything he did both in the country of the Jews and in
> Jerusalem; whom they also killed, hanging him on a tree. [40] God raised him up the third
> day and gave him to be revealed, [41] not to all the people, but to witnesses who were
> chosen before by God, to us, who ate and drank with him after he rose from the dead. [42]
> He commanded us to preach to the people and to testify that this is he who is
> appointed by God as the Judge of the living and the dead. [43] All the prophets testify

> about him, that through his name everyone who believes in him will receive remission of sins.”
>
> [44] While Peter was still speaking these words, the Holy Spirit fell on all those who heard the word. [45] They of the circumcision who believed were amazed, as many as came with Peter, because the gift of the Holy Spirit was also poured out on the Gentiles. [46] For they heard them speaking in other languages and magnifying God. Then Peter answered, [47] “Can anyone forbid these people from being baptized with water? They have received the Holy Spirit just like us.” [48] He commanded them to be baptized in the name of Jesus Christ. Then they asked him to stay some days.

Reflect on the Word

Peter witnesses God’s work among people he might previously have kept at a distance. The Spirit’s mission challenges narrow assumptions about who may receive the gospel. Notice whom your habits exclude. Welcome does not require erasing cultural difference; it asks you to honour dignity and make space for another person’s voice.

Pause & reflect

Who is easily overlooked by your usual circle?

Make this your prayer

Father, widen my attention to people beyond my familiar circle. Let the Spirit make our church hospitable across cultural and social differences. Amen.

Carry this truth with you

God’s invitation is not limited by my familiar social or cultural boundaries.

One small step today

Listen to someone whose background differs from yours without making assumptions.

Next: Serve the overlooked

Day 27: Serve the overlooked

Read the BibleActs 6:1–7 — World English Bible.

> [1] Now in those days, when the number of the disciples was multiplying, a complaint arose from the Hellenists against the Hebrews, because their widows were neglected in the daily service. [2] The twelve summoned the multitude of the disciples and said, “It is not appropriate for us to forsake the word of God and serve tables. [3] Therefore, select from among you, brothers, seven men of good report, full of the Holy Spirit and of wisdom, whom we may appoint over this business. [4] But we will continue steadfastly in prayer and in the ministry of the word.”
>
> [5] These words pleased the whole multitude. They chose Stephen, a man full of faith and of the Holy Spirit, Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus, a proselyte of Antioch, [6] whom they set before the apostles. When they had prayed, they laid their hands on them. [7] The word of God increased and the number of the disciples greatly multiplied in Jerusalem. A great company of the priests were obedient to the faith.

Reflect on the Word

A practical problem in food distribution requires attention, organisation and trustworthy people. The Spirit-filled church does not treat administrative fairness as beneath spiritual life. Ask who misses out because a system is unclear or inconvenient. Improving a practical arrangement may be a meaningful way to serve God’s people.

Pause & reflect

Which everyday arrangement unintentionally leaves someone out?

Make this your prayer

God, make us attentive to overlooked needs. Give us wisdom and integrity in practical arrangements so that our care becomes fair and dependable. Amen.

Carry this truth with you

Spirit-filled service includes practical fairness and care for those easily overlooked.

One small step today

Suggest one respectful improvement to an access or care arrangement.

Next: Review witness and wisdom

Day 28: Review witness and wisdom

Read the BibleColossians 4:2–6.

> [2] Continue steadfastly in prayer, watching in it with thanksgiving, [3] praying together for us also, that God may open to us a door for the word, to speak the mystery of Christ, for which I am also in bonds, [4] that I may reveal it as I ought to speak. [5] Walk in wisdom towards those who are outside, redeeming the time. [6] Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

Reflect on the Word

Prayer, wise conduct and gracious speech are joined in Paul’s instructions. Review the week for a conversation, a service opportunity and a decision where you needed discernment. What did you learn? Do not measure witness only by an immediate response. Faithfulness includes respectful presence and leaving others free to choose.

Pause & reflect

What have you learnt about joining prayer with wise conduct?

Make this your prayer

Father, deepen my prayer and wisdom in relationships. Make my speech gracious and my service attentive to the people you place around me. Amen.

Carry this truth with you

I can join prayer, wise conduct and gracious speech without controlling another person’s response.

One small step today

Review one conversation with a trusted Christian and identify a lesson.

Next: Do not neglect what is entrusted

Pause and notice

What are you discovering about God — and what will you carry into the week ahead?

Write one encouragement and one question. Consider sharing them with someone you trust.

Day 29: Do not neglect what is entrusted

Read the Bible2 Timothy 1:6–7 — World English Bible.

> [6] For this cause, I remind you that you should stir up the gift of God which is in you through the laying on of my hands. [7] For God didn’t give us a spirit of fear, but of power, love, and self-control.

Reflect on the Word

Paul encourages Timothy to nurture what has been entrusted to him, with power, love and sound judgement. Growth may require practice, counsel and courage rather than waiting for perfect confidence. The passage is not a diagnosis of anxiety. Take one prepared step in service while respecting your capacity and any support you need.

Pause & reflect

What faithful opportunity needs preparation rather than endless postponement?

Make this your prayer

Holy Spirit, strengthen me in power, love and sound judgement. Help me nurture what is entrusted to me with wise preparation and courage. Amen.

Carry this truth with you

By God’s help I can develop what is entrusted to me in love and sound judgement.

One small step today

Choose one modest service step and the support or training it needs.

Next: Keep in step

Day 30: Keep in step

Read the BibleGalatians 5:25.

> If we live by the Spirit, let’s also walk by the Spirit.

Read the BibleJohn 15:1–12.

> 1 “I am the true vine, and my Father is the farmer. 2 Every branch in me that doesn’t
> bear fruit, he takes away. Every branch that bears fruit, he prunes, that it may bear
> more fruit. 3 You are already pruned clean because of the word which I have spoken to
> you. 4 Remain in me, and I in you. As the branch can’t bear fruit by itself unless it
> remains in the vine, so neither can you, unless you remain in me. 5 I am the vine. You
> are the branches. He who remains in me and I in him bears much fruit, for apart from
> me you can do nothing. 6 If a man doesn’t remain in me, he is thrown out as a branch
> and is withered; and they gather them, throw them into the fire, and they are burnt. 7 If
> you remain in me, and my words remain in you, you will ask whatever you desire, and it
> will be done for you.
>
> 8 “In this my Father is glorified, that you bear much fruit; and so you will be my
> disciples. 9 Even as the Father has loved me, I also have loved you. Remain in my love.
> 10 If you keep my commandments, you will remain in my love, even as I have kept my
> Father’s commandments and remain in his love. 11 I have spoken these things to you,
> that my joy may remain in you, and that your joy may be made full. 12 “This is my
> commandment, that you love one another, even as I have loved you.

Reflect on the Word

Walking with the Spirit is an ongoing relationship, not a completed challenge. Review what has grown in your understanding, character and service. Keep a simple rhythm of Scripture, prayer, fellowship and accountable action. Remain open to gifts while measuring their use by Christlike love. Fruitfulness begins and continues in dependence on Jesus.

Pause & reflect

What rhythm will help you continue beyond these thirty days?

Make this your prayer

Father, keep me close to Jesus and attentive to the Holy Spirit. Let my life bear lasting fruit in love, truth and faithful service. Amen.

Carry this truth with you

As I live by the Spirit, I will seek to keep in step with him in love and truth.

One small step today

Write your next-month rhythm and arrange one supportive review conversation.

Carry this rhythm into the days ahead.

Faith grows in community

Keep walking. You don’t have to walk alone.

Take your next step at a pace that fits your life. Bring a question, explore another journey or meet the ANCC community.

Continue with Testing Spiritual Messages with Humility, Freedom, Holiness and New Habits, or Healing Hope in Illness. Ask ANCC about learning and serving with others, and read our beliefs as you consider questions about Spirit-filled living.

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