

The background of the entire cover is a dramatic, low-angle shot looking up into a large, arched stone doorway of a cathedral. Two people, a man and a woman, are kneeling on the stone floor in the foreground, their backs to the camera. They are facing a brilliant, golden light that fills the doorway, creating a strong silhouette effect. Wisps of smoke or steam rise from the floor around the kneeling figures. The title 'The THRESHING FLOOR' is superimposed over the upper half of the image. 'The' is in a cursive script, while 'THRESHING' and 'FLOOR' are in large, bold, serif capital letters. Below the title, the tagline 'WHERE GOD REFINES, REVEALS, AND RESTORES' is written in a smaller, all-caps serif font, centered between two decorative horizontal lines with a central fleur-de-lis ornament.

The THRESHING FLOOR

WHERE GOD REFINES, REVEALS, AND RESTORES

SIA S. MOIWA & LATOYA J. SUTTON

— A YEAR LONG JOURNEY —

THE *Threshing* FLOOR

12 MONTH DEVOTIONAL GUIDE

Where God Refines, Reveals, and Restores



Monthly Fasting & Devotion Themes

Copyright © 2026 LaToya Sutton & Sia Moiwa All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the authors, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Published by Instrument of God, LLC and Sutton Elevation & Consulting, LLC

Printed in the United States of America

First Edition

Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Scripture quotations marked (KJV) are from the King James Version (public domain). Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Scripture quotations marked (MSG) are taken from THE MESSAGE, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress.



CONTENTS



Welcome	5
Introduction	6
The 3 R's	7
Preparing Your Heart for the Fast	8
How to Use This Journal	9
Important Fasting Guidance	10
Seeking God for Your Yearly Theme	12
MONTH 1: Preparing for a New Beginning · 8-Day Fast	15
MONTH 2: Celebrating New Beginnings · 3-Day Fast	20
MONTH 3: Hearing From God · 3-Day Fast	24
MONTH 4: Walking in Faith & Believing God · 3-Day Fast	28
MONTH 5: Strategies of Spiritual Warfare · 3-Day Fast	32
MONTH 6: The Power of Seeds · 2-Day Fast	35
MONTH 7: The Power of Choice · 2-Day Fast	39
MONTH 8: The Power of Prayer · 4-Day Fast	42
MONTH 9: The Power of Fasting · 1-Day Fast	46
MONTH 10: The Promises of God · 5-Day Fast	49
MONTHS 11 & 12: The Final Fast - Healing · 21-Day Fast	53
Closing Reflection	56
Decree	58
A Final Reflection	59

WELCOME

— ◆ —

This journal was created as a guide for those who desire to draw closer to God through prayer, fasting, worship, reflection, and the study of His Word. It is more than a devotional—it is an invitation into a deeper place of surrender, alignment, and encounter with the presence of God.

In scripture, the threshing floor represents a place of separation and refinement. It is where wheat is separated from chaff, where what is valuable is preserved, and what is unnecessary is removed.

*His winnowing fork is in his hand, and he will clear his threshing floor,
gathering his wheat into the barn and burning up the chaff with unquenchable
fire.” — Matthew 3:12 (NIV)*

Just as wheat is refined on the threshing floor, God refines our hearts through seasons of surrender and devotion. In this place, He removes what does not belong, strengthens what remains, reveals His truth, and restores what has been broken.

Just as farmers brought their harvest to the threshing floor for purification, we come before God in humility and surrender, allowing Him to remove distractions, heal wounded places, strengthen our faith, and align our lives with His will. It is in this place that we hear God clearly, and He prepares us for the next season of our journey.

Through intentional times of fasting, prayer, scripture meditation, and reflection, this devotional is designed to help you cultivate spiritual discipline while creating space for God to move in your life in divine ways. Each section invites you to slow down, listen, write, and press into what God is revealing to you.

Our prayer is that as you move through these pages, you will experience a deeper relationship with God, greater clarity in your purpose, and renewed strength for the path ahead. May this become your place of stillness, your place of surrender, and your place of encounter.

*May you find that on the threshing floor, God refines what needs to be purified,
reveals what needs to be understood, and restores what needs to be made whole.*

INTRODUCTION

WHY WE CREATED THIS DEVOTIONAL AND FASTING JOURNAL

(Our Heart Behind This Assignment)

This devotional was born from a deep desire for **more of God**.

We sensed that He was calling us deeper deeper into prayer, deeper into His Word, deeper into surrender, and deeper into purpose. We believed that God had more for our lives, our families, and our kingdom assignments.

So we made a decision to seek Him intentionally.

For an entire year, we committed ourselves to meeting God through **fasting, prayer, scripture, and quiet time in His presence**. What began as a personal commitment quickly became a rhythm in our lives. During those moments of fasting and devotion, God began to speak clearly, provide answers, give direction, and reveal strategies.

We discovered that fasting and prayer were not simply spiritual disciplines; they were doorways to clarity, breakthrough, and divine alignment.

As we continued this journey together, we realized something powerful: the same discipline that was transforming our lives could also strengthen the lives of others.

That realization gave birth to *The Threshing Floor Devotional*

We created this devotional as a resource for those who desire to have more of God. It is designed to help you grow your prayer life, deepen your knowledge of scripture, and develop spiritual discipline while documenting the ways God is moving in your life.

Our prayer and hope is that every person who opens this journal will experience what we experienced a closer relationship with God, a stronger spiritual foundation, and a renewed confidence to walk boldly in their Kingdom assignments.

May *The Threshing Floor* become your place of surrender, your place of revelation, and your place of restoration.

THE 3 R's

1. GOD REFINES

God removes impurities from our lives through seasons of testing, discipline, and surrender so that our faith and character are strengthened.

1 Peter 1:7 (NLT)

“These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold.”

2. GOD REVEALS

God reveals wisdom, direction, strategies, truth, and understanding to those who seek Him through prayer and devotion.

Daniel 2:22 (NIV)

“He reveals deep and hidden things; he knows what lies in darkness, and light dwells with him.”

3. GOD RESTORES

God restores what was lost, broken, delayed, or damaged. Restoration is one of God's promises to those who return to Him.

Joel 2:25 (ESV)

“I will restore to you the years that the locust has eaten.”



Preparing Your FOR THE FAST *Heart*



HOW TO USE THIS DEVOTIONAL & JOURNAL

— ◆ —

The Threshing Floor was designed to guide you through intentional times of prayer, fasting, reflection, and studying God's Word. Each month includes a spiritual theme, scriptures, prayer prompts, and journaling space to help you draw closer to God and document what He is revealing in your life.

This devotional is meant to be used at your own pace and Spirit-led. While we provide structured fasting periods and devotional guidance, your journey should ultimately be led by prayer, wisdom, and personal conviction.

SUGGESTED RHYTHM FOR EACH FAST

1. **Begin in Prayer** Ask the Holy Spirit to guide your time and open your heart to what God wants to reveal to you.
2. **Review the Monthly Theme** Reflect on the month's theme and what God may be sharing with you.
3. **Meditate on the Scriptures** Read the Word of God and allow it to renew your mind and saturate your heart.
4. **Practice Stillness** Make space for solitude to invite God's presence and listen for His voice.
5. **Write What You Hear and Experience** Use the devotional prompts to record revelations, prayers, gratitude, and testimonies.
6. **Pray and Reflect Throughout the Day** Allow the fast to be more than abstaining from food; let it become a time of worship.
7. **Reflect After the Fast** Document what God revealed, answered, corrected, or confirmed during your time of consecration.

Remember the goal of fasting is not simply restriction, but deeper intimacy with God and alignment with His will.

IMPORTANT FASTING GUIDANCE

Fasting is a spiritual discipline practiced throughout Scripture to humble ourselves before God, seek His guidance, and strengthen our spiritual lives. However, fasting should always be approached with wisdom and discernment.

The fasting and exercise guidelines in this devotional are suggestions drawn from our personal experience and spiritual practice. They are **not intended to replace medical advice or professional guidance**. Every person's body, health condition, and circumstances are different.

If you are new to fasting, have underlying health conditions, are pregnant, nursing, taking medication, or have been advised by a medical professional to follow specific dietary guidelines, you should consult your doctor or healthcare provider before participating in any extended fast.

You may also choose to modify your fast in ways that are appropriate for your body and health.

For example, some people may choose to:

- Fast from specific foods such as sugar, processed foods, or meat
- Participate in a partial fast or a Daniel-style fast
- Adjust fasting hours based on personal health needs

The most important aspect of fasting is **the posture of the heart, not the intensity of the restriction**. To help you fast, it is wise to limit distractions, such as social media.

God honors sincerity, obedience, and a heart that seeks Him.

If your health or circumstances require you to adjust the fasting schedule or format provided in this devotional, please do so with wisdom and prayer. Your well-being matters, and spiritual discipline should never compromise your health.

A FINAL ENCOURAGEMENT

Whether your fast is one day, several days, or a modified version that fits your health needs, what matters most is the time you intentionally set aside to seek God.

May this devotional become a time of encounter where you dwell in God's presence, hear His voice, and experience His power to **refine, reveal, and restore**.

SEEKING GOD FOR YOUR YEARLY THEME

— ◆ —

Every year carries an opportunity for spiritual growth, renewed perspective, and a deeper walk with God. One powerful way to begin that journey is by asking God to reveal **a theme, word, or focus for your year**. A yearly theme is not simply a motivational phrase or something that sounds inspiring. It is a spiritual anchor that reflects what God is developing, strengthening, or refining in your life during a particular season.

Throughout Scripture, God often led His people through seasons of preparation, healing, restoration, growth, and breakthrough. Just as seasons change in the natural world, our spiritual lives also move through seasons. When we seek God intentionally, He often reveals what He is doing in us and what He desires to cultivate within us.

Your yearly theme becomes a guidepost for prayer, reflection, decision-making, and spiritual focus throughout the year.

HOW TO SEEK GOD FOR YOUR THEME

Set aside uninterrupted time with God. This may be during prayer, worship, fasting, or quiet meditation on His Word. Ask the Holy Spirit to reveal what He is drawing your attention to in this season.

Consider reflecting on the following questions:

- What has God been consistently speaking to my heart?
- Is there a scripture, dream, or vision that has been repeatedly coming to mind?
- What area of my life is God asking me to grow in?
- Where do I sense God calling me to deeper faith, discipline, healing, or obedience?
- What prayers have I been bringing before God repeatedly?

Sometimes God may reveal a single word. Other times, He may reveal a phrase, a scripture, or a spiritual focus that becomes your theme.

Be patient during this process. God often speaks through stillness, scripture, confirmation, and prayer. Your theme may come immediately, or it may unfold gradually as you spend time seeking Him.

EXAMPLES OF YEARLY THEMES

Some examples of themes people have sensed God leading them into include:

- Year of Alignment
- Year of Breakthrough
- Year of Discipline
- Year of Healing
- Year of Overflow
- Year of Restoration
- Year of Renewal

Your theme will be unique to your journey with God and the work He is doing in your life.

WRITE YOUR THEME

Take a moment to write what you sense God revealing to you.

My Theme for This Year:

Scripture God Has Placed on My Heart:

What I Sense God Is Doing in My Life This Year:

A PRAYER FOR DISCERNMENT

— ◆ —

Heavenly Father, I come seeking Your wisdom and direction for this season of my life. Quiet every distraction and help me hear Your voice in truth and light. Reveal what You are cultivating within me, guide me, and expose the areas of my life that don't line up with Your Will, Purpose, and Plan for my life, but reveal to me where You desire growth, healing, restoration, and transformation. Give me clarity, patience, and discernment as I seek You. Lord, help me to walk faithfully with a contrite heart. In the mighty Jesus' name, amen.

As you begin your journey in prayer and fasting, remember that your theme is not something you must strive to achieve on your own. It is a reminder of what God is doing in you and through you as you continue to seek Him throughout the year.

Preparing for a New Beginning

◆

This month marks a season of preparation. Just as the earth begins to transition into spring and new life begins to emerge, this is a time to prepare your heart, mind, and spirit for what God is about to do in your life. Before God releases new assignments, opportunities, growth, and blessings, He often calls His people into seasons of consecration.

Preparation is not always visible, but it is powerful. It is in these moments of intentional prayer, fasting, repentance, and reflection that God aligns our hearts with His will. During this fast, the focus is to release what no longer serves God's purpose for your life and make space for what He is preparing to bring forth.

This month invites you to bring every area of your life before God: your relationship with Him, your family, your calling, your health, your finances, and the work He has entrusted to your hands. As you walk through this eight-day journey, allow God to refine your heart, renew your mind, and restore your focus.

SUGGESTED FAST & MOVEMENT

No Food from 6 PM – 6 AM • Water Only • Stretch and care for your body, your temple

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

Scriptures:

- Repentance: Romans 2:5–6 (NIV)
- Forgiveness: Colossians 3:13 (NIV)
- Restoration: Jeremiah 30:17 (NIV)

◆ Day 2 Deepening Your Relationship with God

Scriptures:

- Psalm 119:10–12 (NIV)
- Romans 8:38–39 (MSG)
- Proverbs 8:17 (NIV)

[Devotional Link](#)

◆ Day 3 Ministry and Calling

Scriptures:

- Ephesians 4:11–13 (CEV)
- 2 Timothy 1:6–8 (NIV)
- Ephesians 2:8–10 (NIV)

◆ Day 4 Favor and Influence

Scriptures:

- Luke 2:52
- Proverbs 3:4
- Psalm 5:12

[Devotional Link](#)

◆ Day 5 Health and Wealth

Scriptures:

- Wealth: Deuteronomy 8:18
- Health & Healing: Jeremiah 33:6
- Health & Healing: Exodus 23:25
- Wealth & Health Ecclesiastes 5:19

[Devotional Link](#)

◆ Day 6 Business and Career Direction

Scriptures:

- Deuteronomy 8:18 NIV
- Proverbs 10:22 (MSG)
- Matthew 6:33 (ESV)

[Devotional Link](#)

◆ Day 7 Financial Breakthrough

Scriptures:

- Matthews 6:33
- Deuteronomy 8:18
- Probers 10:22

◆ Day 8 Family, Marriage & Children

Scriptures:

- 1 Timothy 3:4–5
- Colossians 3:18
- Ephesians 4:2–3
- Psalm 127:3
- Ephesians 5:33
- Ephesians 5:25
- 1 Corinthians 7:3–4
- 1 Peter 4:8

[Devotional Link](#)

PRAYER FOR MONTH 1

Heavenly Father, as I enter this season of preparation, I surrender my heart, my plans, and every area of my life to You. Cleanse me from anything that is not aligned with Your will. Restore my focus and strengthen my relationship with You. Prepare my heart for the new things You are bringing into my life. Guide my steps, order my decisions, and help me walk faithfully in every assignment You have placed before me. I trust that You are working in every area of my life, even in the places I cannot see. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. The preparation happening now is positioning you for what God is preparing to release. This is a season of preparing for new beginnings.



Celebrating New Beginnings

This month represents a season of renewal and fresh beginnings. After a time of preparation, God often leads His people into moments where new doors begin to open and new chapters begin to unfold. This month is an opportunity to celebrate what God is doing while continuing to seek Him with humility and faith.

Throughout Scripture, God demonstrates His ability to redeem situations and bring beauty from difficult seasons. Just as spring brings new life after winter, God brings restoration and fresh opportunities after seasons of waiting, growth, and preparation.

This fast invites you to reflect on the new things God is birthing in your life. It is a time to renew your faith, strengthen your trust in His promises, and celebrate His faithfulness.

SUGGESTED FAST & MOVEMENT

Juice Fast from 6 AM – 6 PM • Food from 6 PM - 6 AM • Water Only • Soaking in the Sun and Breathing Exercises

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

Scriptures:

● Ruth 1

◆ Day 2 Deepening Your Relationship with God

Scriptures:

● Ruth 2

- ◆ Day 3 Love (Kingdom Marriages) and Reproductive Systems (Birth, Hormonal Issues, Disorders, Barrenness)

Scriptures:

- Ruth 3 & 4

PRAYER FOR MONTH 2

Father, thank You for the new beginnings You brought into my life. Thank You for Your faithfulness in every season. As I continue to walk with You, help me embrace the new things You are doing with faith and obedience. Heal every area that needs restoration and guide me into the plans You have prepared for me. In Jesus' name, amen.

REFLECTION

What new beginning do I sense God bringing into my life?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Begin to envision you walking into your season of celebrating new beginnings.



Hearing From God

◆

One of the greatest desires of a believer is to clearly hear the voice of God. In a world filled with noise, distraction, and competing voices, learning to recognize God's guidance is essential.

This month is dedicated to quieting distractions and becoming more spiritually attentive. Fasting creates space for stillness, allowing us to hear God more clearly and recognize the direction He is giving for our lives.

As you fast this month, ask God to sharpen your discernment, increase your spiritual sensitivity, and help you recognize His voice above all others.

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 6 PM (Veggies, Fruit, Protein - No Sugar) • No food from 6 PM - 6 AM
• *Water Only* • *1 Mile Walk (Worship/Pray)*

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

Scriptures:

- Repentance: Proverbs 28:13 | 1 John 1:9
- Forgiveness: 1 John 1:9 (MSG) | Ephesians 4:32
- Restoration: Zechariah 9:12 (MSG) | 2 Corinthians 5:17

◆ Day 2 Steps to Hearing God's Voice

Thank God Meditation (5 minutes)

Scriptures:

- Galatians 3:25-27 (MSG)
- Psalms 46:10
- 1 Kings 19
- Psalm 19:14
- John 14:26
- 1 John 4:1
- Acts 17:11
- Proverbs 15:22
- James 1: 22-24 (MSG)
- Genesis 12: 1-4
- 1 Thessalonians 5:16-18

◆ Day 3 Hearing God's Voice

Scriptures:

- John 10:17
- 1 Thessalonians 5:16-18
- 1 John 4: 13-16 (MSG)

PRAYER FOR MONTH 3



Lord, quiet every distraction in my life and help me hear Your voice clearly. Increase my discernment and teach me to recognize Your guidance in every area of my life. Help me walk in obedience to what You reveal and trust the direction You give. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1.

2.

3.

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Allow your ears to be sensitive to hearing something new. This is a season of hearing from God.



Walking by Faith & Believing God



Faith is the foundation of our relationship with God. While faith is often discussed, living by faith requires intentional trust and surrender.

This month focuses on strengthening your belief in God's promises and learning to walk confidently in what He has spoken, even when circumstances are uncertain.

Through fasting and prayer, ask God to strengthen your faith, remove doubt, and help you trust Him fully.

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 3 PM • No food from 3 PM - 6 AM • Water Only • Stretch and care for your body (your temple)

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

You've now been in fasting and prayer for a couple of months. Begin Day 1 by seeking God in prayer and studying scriptures on forgiveness, repentance, and restoration.

◆ Day 2 Walking by Faith

Scriptures:

- Hebrews 11:1
- Mark 11:24

- Hebrews 11:6
- 2 Corinthians 5:7
- Ephesians 2:8–9

◆ Day 3 Trusting God's Word

Scriptures:

- 2 Timothy 3:16–17
- Psalm 119:105
- Hebrews 4:12
- John 8:31–32

PRAYER FOR MONTH 4



Father, strengthen my faith and order my footsteps, and help me trust You in every circumstance. Teach me to be bold in the actions that faith requires. Give me the confidence to not be led by fear and cast down all doubt. Let not my heart be troubled, and remind me that your promises are forever. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1.

2.

3.

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Knowing that what is happening in heaven realm is being fulfilled on earth for you. This is a season of Walking in Faith & Believing God.



Strategies of Spiritual Warfare: Putting on the Full Armor of God

Life often presents spiritual battles that require wisdom, discernment, and strength. God has equipped His people with spiritual armor to stand firm against challenges and opposition.

This month focuses on understanding the armor of God and strengthening your spiritual readiness. Get ready to use the armor of God!

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 3 PM (Fruits & Vegetables Only) • No food from 3 PM - 6 AM • Water Only • Soaking in Nature (Worship/Prayer)

FOCUS AREAS FOR THIS FAST

◆ Day 1 Repentance, Restoration & Forgiveness

WORSHIP SONG

You've now been in fasting and prayer for a couple of months. Begin Day 1 by seeking God in prayer and studying scriptures on forgiveness, repentance, and restoration.

◆ Day 2 What is the Armor of God & Putting on the Armor of Gods

WORSHIP SONG

● Ephesians 6:10-18

[Devotional Link](#)

PRAYER FOR MONTH 5

Lord, equip me with Your armor and strengthen me to stand firm in faith. Help me recognize spiritual battles and respond with wisdom, courage, and trust in You. Guard my heart and mind as I walk in the authority You have given me. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Be guarded and know how to use your armor of God. For this is testing ground. The enemy seeks to challenge your faithfulness and obedience to God. This is a season of putting on the Full Armor of God.



The Power of Seeds

The principle of sowing and reaping is woven throughout Scripture. Every seed we plant, whether through actions, words, faith, or generosity, produces fruit.

This month invites you to reflect on where you have been planting your seeds. Take inventory of what needs to be weeded out and what needs to be replanted in your physical and spiritual life.

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 3 PM • No food from 3 PM - 6 AM • Water Only • 1 Mile walk (Worship/Prayer)

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

Scriptures:

- Forgiveness: Ephesians 4:32 | Mark 11:25
- Repentance: Acts 3:19 | 2 Chronicles 7:14
- Restoration: 1 Peter 5:10 | Galatians 6:1

◆ Day 2 The Power of Seeds

Scriptures:

- Matthew 17:20

— THE THRESHING FLOOR —

- Galatians 6:7–8
- Hosea 10:12
- Mark 4:26–29
- Romans 10:17

PRAYER FOR MONTH 6

Father, help me sow seeds that honor You. Guide my actions, my words, and my decisions so that the seeds I plant today produce a harvest that reflects Your goodness and perfect Will. Teach me patience as I trust You for the promise that produces good fruit. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

The Power of Choice

Every day we are presented with choices that shape our lives. Scripture reminds us that we have the ability to choose life, obedience, and righteousness.

This month is focused on aligning our decisions with God's wisdom.

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 3 PM • No food from 3 PM - 6 AM • Water Only • 1 Mile walk (Worship/Prayer)

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

Scriptures:

- Hebrews 10:17
- Psalm 51:12

◆ Day 2 The Power of Choice s

Scriptures:

- Romans 6:16 (NIV)
- Galatians 6:7-8 (NIV)
- Deuteronomy 30:19
- Psalm 32:9

PRAYER FOR MONTH 7



Heavenly Father, I thank you. Help me not lean on my own understanding, but in all my choices, help me to acknowledge you. My desire is not to be right, but to be led by your spirit, truth, and wisdom, and honor you in all that I do. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1.

2.

3.

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Know that He is the revealer of truth and in all your choices consult with Him, for he is the CEO of your life and you are the director. This is a season of choice.



The Power of Prayer

Prayer is one of the most powerful ways we communicate with God. Through prayer, we express gratitude, seek guidance, and intercede for others.

This month focuses on deepening your prayer life and strengthening your intimacy with God.

SUGGESTED FAST & MOVEMENT

Food from 6 AM - 3 PM (Fruit and Vegetables Only) • No food from 3 PM - 6 AM • Water Only • Meditate on the Word of God

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 Repentance, Restoration & Forgiveness

You've now been in fasting and prayer for a couple of months. Begin Day 1 by seeking God in prayer and studying scriptures on forgiveness, repentance, and restoration.

◆ Day 2 The Heart of Prayer

Scriptures:

- Jeremiah 29:13 (KJV) | Matthew 6:6 (KJV) | James 5:16 (KJV) | 1 John 5:14 (KJV)

◆ Day 3 The Posture of Prayer

Scriptures:

- Daniel 6:10 (KJV) | Ephesians 3:14 (KJV) | 1 Timothy 2:8 (KJV) | Psalm 63:4 (KJV) | 2 Chronicles 7:3 (KJV) | Genesis 24:26 (KJV) | Mark 11:25 (KJV) | Matthew 26:39 (KJV)

◆ Day 4 The Ways to Pray

Scriptures:

- Philippians 4:6 (KJV) | 1 Timothy 2:1 (KJV) | Jude 1:20 (KJV) | Luke 4:8 (KJV) | Luke 18:1 (KJV)

PRAYER FOR MONTH 8

Father, teach me to pray with sincerity and faith. Draw me deeper into Your presence and help me build a consistent prayer life. Let my prayers align with Your will and bring transformation in my life and the lives of others. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. Know that God hears your prayers, and he is faithful to answer your petitions and requests. This is a season of prayer.



The Power of Fasting



Fasting humbles the soul and strengthens the spirit. It reminds us that our dependence is not on worldly things, but on God alone.

This month focuses on surrender, discipline, and spiritual renewal.

SUGGESTED FAST & MOVEMENT

1 Day Water Fast • Meditate on the Word of God

FOCUS AREAS FOR THIS FAST

WORSHIP SONG

◆ Day 1 “Turning your plate.”

Scriptures:

● Matthew 6:16–18 (KJV) | Joel 2:12 (KJV) | Psalm 35:13 (KJV)

PRAYER FOR MONTH 9

Lord, as I fast before You, help me humble myself and seek You wholeheartedly. Strengthen my spirit and renew my dependence on You. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction.

Allow yourself to be vulnerable, humble, and repentant as you come before God on the threshing floor. This is a season of fasting.



The Promises of God



This month is a time of reflection and gratitude, and to prepare for the new season ahead. It is an opportunity to look back at how God has moved and stand firmly on His promises.

SUGGESTED FAST & MOVEMENT

Allow God to lead you during your fasting time. • Water Only • Praise, Worship, Prayer

FOCUS AREAS FOR THIS FAST

WORSHIP SONG WORSHIP SONG

◆ Day 1 Repentance, Restoration, and Forgiveness

You've now been in fasting and prayer for a couple of months. Begin Day 1 by seeking God in prayer and studying scriptures on forgiveness, repentance, and restoration.

◆ Day 2 Salvation & Eternal Life

Scriptures:

- John 3:16 (KJV) | Romans 10:9 (KJV)

◆ Day 3 Forgiveness & Grace

Scriptures:

- 1 John 1:9 (KJV) | Romans 8:1 (KJV)

◆ Day 5 God's Presence & Peace

Scriptures:

- Matthew 28:20 (KJV) | John 14:27 (KJV)

◆ Day 6 Guidance, Wisdom & Strength

Scriptures:

- James 1:5 (KJV) | Proverbs 3:5–6 (KJV) | Isaiah 40:31 (KJV)

◆ Day 7 Victory, Power & Future Hope

Scriptures:

- Acts 1:8 (KJV) | Romans 8:28 (KJV) | John 14:3 (KJV) | 1 Corinthians 15:57 (KJV)

PRAYER FOR MONTH 10

Father, thank You for Your faithfulness throughout this year. Help me stand firmly on Your promises and trust that what You have spoken will come to pass. Fill my heart with gratitude and hope for the seasons ahead. In Jesus' name, amen.

REFLECTION

What am I believing God for during this fast?

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

As you walk through this month, remain open to God's direction. God is a promise-keeper and a dream-fulfiller. He gives good gifts to his children.



The Final Fast – Healing

◆

The 21 days of fasting and prayer become a time to fully surrender every request, desire, and concern to God. It is an opportunity to honor Him by bringing your heart, your plans, and your expectations before Him with humility and faith.

As you pray and seek Him, release the need to control the outcome and place every request into His hands, knowing that He hears you and is faithful to guide your steps.

Use this time to reflect on the year behind you, thank God for His faithfulness, and surrender the desires of your heart to Him. Approach God with confidence, trusting that what you place before Him in prayer, He will handle according to His perfect will.

Enter this fast with a heart that is humble, expectant, and fully lean on and trust that God is already working in the heavenly realm on your behalf.

On the threshing floor, He is refining your heart, revealing His plans, and restoring every area of your life.

SUGGESTED FAST & MOVEMENT

No Food from 6 AM - 6 PM (Fruits and Vegetables Only) • Water Only • Praise, Worship, Prayer, and Meditate on the Word of God

WORSHIP SONG

WORSHIP SONG

PRAYER FOR MONTH 11 & 12

Heavenly Father, I come before You with a humble and grateful heart. Thank You for carrying me through every season, through moments of joy, challenges, growth, and refinement. Today, I lay every request, every concern, and every desire before You. Lord, I surrender my plans, my expectations, and the things I have been holding tightly in my hands. I trust that Your will is greater than my understanding and that Your timing is perfect in every way. As I enter this time of fasting and prayer, help me release control and place my full trust in You. Search my heart and refine anything within me that is not aligned with Your purpose. Reveal the areas where You are calling me to grow, trust, and walk more closely with You. Restore every place in my life that needs Your healing touch and strengthen my faith to believe that You are working on my behalf. Father, I honor You with this fast. I bring my family, my future, my purpose, and every request before Your throne. I trust that You hear my prayers and that You are guiding my steps according to Your perfect plan. Give me peace as I wait, courage as I move forward, and faith to believe that what I place in Your hands will unfold according to Your will. On the threshing floor, refine my heart, reveal Your direction, and restore every area of my life for Your glory. In Jesus' name, Amen.

REFLECTION

What areas of my life need healing?

What I Am Believing God For During This Fast

GRATITUDE

Three things I am thankful for as I begin this fast:

1. _____
2. _____
3. _____

— THE THRESHING FLOOR —

WHAT I SENSE GOD PREPARING IN MY LIFE

WHAT I HEAR GOD SPEAKING TO ME

TESTIMONIES AND BREAKTHROUGHS

Closing Reflection



Leaving the **Threshing Floor**

As you come to the final pages of *The Threshing Floor*, take a moment to pause and reflect on the journey you have walked with God. What began as a simple commitment to pray, fast, and spend time in His presence has now become a record of your spiritual growth, your prayers, your revelations, and the ways God has moved in your life.

The threshing floor in scripture was never just a place of work; it was a place of transformation. It was where separation happened, where the valuable was preserved, and where the unnecessary was removed. In the same way, your time of devotion, fasting, and reflection has allowed God to refine your heart, reveal His truth, and restore the areas of your life that needed His touch.

As you look back over your entries, prayers, and reflections, you may begin to see patterns of God's faithfulness. You may recognize answers to prayers you once wrote down in hope. You may see moments where God strengthened your faith, corrected your direction, or encouraged you to keep moving forward.

This devotional was never meant to mark the end of a spiritual journey, but rather the continuation of a life devoted to seeking God.

The disciplines you practiced here: prayer, fasting, reflection, and studying the Word, are not meant to remain within these pages. They are practices that strengthen your relationship with God and guide you through every season of life.

Wherever the next season leads you, remember that the same God who met you on these pages continues to walk with you each day. He is still refining, still revealing, and still restoring.

Carry forward what you have learned. Continue to seek Him with humility, trust Him with your future, and remain open to His guidance.

May your life continue to reflect the transformation that takes place when we surrender ourselves fully to God.

Signed,

God's Daughters.

LaToya Sutton & Sia Moiwa

Decree

A DECLARATION FROM THE THRESHING FLOOR

I stand boldly before the throne of God, unashamed, unshaken, and unwavering, covered by His grace and secured in His authority.

I declare that I will no longer live my life in fear. I walk in faith, confidence, and boldness, knowing that God is with me in every step I take.

I declare that my cup runs over. I live in the overflow of God's goodness, His provision, His favor, and His promises. I trust God fully and completely, and I walk assured in the abundance He has prepared for me.

I receive the truth of God's Word. It is my foundation, my guide, and my authority. I dwell in His unfailing and unconditional love, and I am rooted in His peace, His grace, and His presence.

I declare that God is the CEO of my life. I surrender every decision, every plan, and every direction to Him. He orders my steps, governs my path, and leads me according to His perfect will.

I declare that I am an instrument of God. My life is used for His glory. My words, my actions, and my character reflect His light, His love, and His truth in every place He sends me.

I walk in obedience, conviction, and purpose. I am refined, I am restored, and I am aligned with what God has spoken over my life.

What God has started in me, He will complete. What He has promised, He will fulfill. What He has spoken will come to pass.

I step forward with confidence, knowing that I am covered, called, and chosen.

In Jesus' name, Amen.

A Final Reflection



WHAT HAS GOD REFINED IN MY LIFE THROUGH THIS JOURNEY?

WHAT HAS GOD REVEALED TO ME DURING THIS TIME?

WHERE HAVE I EXPERIENCED RESTORATION?

WHAT COMMITMENTS WILL I CARRY FORWARD IN MY
SPIRITUAL WALK?

*May The Threshing Floor always remind
you that when we surrender our hearts to God,
He faithfully refines, reveals, and restores.*



About The Authors



Sia S. Moiwa

Sia Moiwa is a distinguished leader and visionary who possesses a wealth of experience that fuels her effectiveness as a leader. She is a Certified

Trauma Recovery Coach, Christian Counselor, Mental Health and Suicide Prevention Trainer, and Transformational Speaker, and the founder of Instrument of God, LLC, where she Cultivates the Lives of People and their well-being.

Known as a "radical firecracker" with a heart for healing, Sia has spent years creating holistic, brave spaces where individuals are eq-

uipped to recover from trauma, rise from the ashes of their pain, reclaim their identity, and walk boldly and unapologetically into purpose. Her work spans coaching, counseling, training, speaking, and consulting; all rooted in a faith that believes restoration is not only possible, it is promised.

Sia is an Amazon best-selling author, poet, and mental health advocate whose voice has been featured in *Yahoo News*, *Sheen Magazine*, *Houston Voyage*, and *Canvas Rebel*.

LaToya J. Sutton is a forward-thinking business and life strategist, HR consultant, and licensed financial educator with over a decade of experience guiding individuals, entrepreneurs, and organizational leaders toward growth, clarity, and sustainable success.

As the founder of Sutton Elevation & Consulting, she empowers clients to master success, build legacies, and walk boldly in their God-given assignments.

With a purpose-driven approach, LaToya has transformed careers and organizations across diverse industries, from startups to Fortune 500 companies. Her work has been featured in *Bold Journey*, *CanvasRebel*, *Purpose Women*, and *LA Voyage Magazine*.



LaToya J. Sutton

Contact Us

Instrumentofgodllc



Instrument of God, LLC



instrumentofgodllc

Sutton Elevation & Consulting



Sutton Elevation & Consulting



sutton_elevation_consult