



## Faith + Foundation Week:

### “Laying the Right Foundation for the Year Ahead”

#### Theme Scriptures -

“Unless the Lord builds the house, they labor in vain who build it.”

— *Psalm 127:1 (NKJV)*

“Through wisdom a house is built, And by understanding it is established;”

— *Proverbs 24:3 (NKJV)*

“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”

— *Proverbs 3:5–6 (NKJV)*

## Meditate. Fast. Pray.

***Meditate, Fast, and Pray on the themes designated for each day, while reflecting on the provided scriptures. We will commit to fasting for a minimum of six hours each day, avoiding food, social media, alcohol, and more.***

***What is Fasting?*** - Fasting is a spiritual discipline that involves abstaining from certain physical desires, such as food or other distractions, for a designated period to focus on spiritual growth and connection with God. It is a practice embraced by many faith traditions as a means of seeking clarity, strength, and guidance. During fasting, individuals often engage in prayer, meditation, and reflection, creating space to deepen their relationship with God and align their intentions with divine will. This practice is not

merely about deprivation but about enriching one's spiritual life and fostering a sense of humility and reliance on divine provision.

*\*\*\* Dates marked as "Join the Live Stream" indicate that we will gather at **6P EST** for a Live Stream session to pray and discuss the themes for that particular date. \*\*\**

## **DECEMBER 27 – Join the Live Stream**

**Keys By Seara - Faith + Foundation Week**

**Fasting & Praying on:** *Laying the Foundation: Building on What God Has Ordained*

### **Personal & Live Stream Focus:**

- Why foundations matter before expansion
- Breaking cycles from previous seasons
- Scripture-based foundation setting (Matthew 7:24–27)
- Corporate prayer for alignment and stability

### **Declaration:**

Lord, today I choose to build on You alone. I reject every weak foundation formed by fear, pride, or past mistakes. I declare that my life, family, work, and the calling you have over my life – are established on Your truth. What You plant will stand, and what You did not plant will not remain. I trust You to build what I cannot sustain on my own. Amen.

**Meditate on:** Building on God, not self

 **Matthew 7:24–25 (NKJV)**

“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock...”

 **1 Corinthians 3:11 (NKJV)**

“For no other foundation can anyone lay than that which is laid, which is Jesus Christ.”



# DECEMBER 28

**Keys By Seara - Faith + Foundation Week**

**Fasting & Praying on:** *A Clean Heart Before God: Aligning Our Posture*

## **Prayer Focus:**

- Humility, repentance, and obedience
- Removing pride, offense, and distractions
- Asking God to refine motives and intentions

## **Declaration:**

God, create in me a clean heart and renew a right spirit within me. I lay down offense, self-reliance, and hidden motives. I choose humility over control and obedience over comfort. Align my heart with Yours so that my life reflects Your will and not my own. Amen.

**Meditate on:** Alignment, humility, purity

 **Psalm 51:10 (NKJV)**

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”

 **Proverbs 4:23 (NKJV)**

“Keep your heart with all diligence, for out of it spring the issues of life.”

 **James 4:8 (NKJV)**

“Draw near to God and He will draw near to you.”

## **Reflect on:**

*Is my heart surrendered or striving?*



# DECEMBER 29 – Join the Live Stream

Keys By Seara - Faith + Foundation Week

**Fasting & Praying on:** *Renewing the Mind: Healing, Peace, and Soundness*

## Personal & Live Stream Focus:

- Mental exhaustion, anxiety, and overwhelm
- Biblical truth vs. mental strongholds
- Prayer for clarity, peace, and emotional restoration
- Encouraging testimony and scripture reflection

## Declaration:

Father, I submit my mind to Your truth. I cast down anxiety, confusion, and every thought that exalts itself above Your Word. I receive Your peace, clarity, and sound mind. I declare that my thoughts are disciplined, my emotions are healed, and my mind is renewed daily by You. Amen.

**Meditate on:** Peace, renewal of the mind, emotional healing

## **2 Timothy 1:7 (NKJV)**

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

## **Romans 12:2 (NKJV)**

“And do not be conformed to this world, but be transformed by the renewing of your mind...”

## **Isaiah 26:3 (NKJV)**

“You will keep him in perfect peace, whose mind is stayed on You.”

## Reflect on:

*What thoughts need to be surrendered to God's truth?*



# DECEMBER 30

## Keys By Seara - Faith + Foundation Week

**Fasting & Praying on:** *Led by the Spirit: Trusting God's Direction*

### Prayer Focus:

- Discernment in decisions
- Learning to recognize God's voice
- Submission over control
- Praying against confusion and fear

### Declaration:

Holy Spirit, I invite Your leadership in every decision I make. I pray that my flesh submits to your will and that I will not rush ahead or lag behind Your timing. I choose discernment over impulse and faith over fear. Lead me in the way I should go, and I will follow. Amen.

**Meditate on:** Direction, obedience, discernment

 **John 16:13 (NKJV)**

“However, when He, the Spirit of truth, has come, He will guide you into all truth...”

 **Proverbs 3:5–6 (NKJV)**

“Trust in the Lord with all your heart... and He shall direct your paths.”

 **Isaiah 30:21 (NKJV)**

“Your ears shall hear a word behind you, saying, ‘This is the way, walk in it.’”

### Reflect on:

*Am I listening for God's direction—or rushing ahead?*



# DECEMBER 31 – Join the Live Stream

Keys By Seara - Faith + Foundation Week

**Fasting & Praying on:** *Faithful Stewards: Building Faith and Finances God's Way*

## Personal & Live Stream Focus:

- Biblical stewardship principles
- Faith over fear entering the new year
- Releasing scarcity mindsets
- Corporate prayer for provision, wisdom, and obedience

## Declaration:

Lord, I trust You as my provider and source. I reject fear, lack, and scarcity. I declare wisdom in stewardship, discipline in giving, and faith in Your provision. I will honor You with what You place in my hands, knowing that You supply all my needs according to Your riches in glory. Amen.

**Meditate on:** Trusting God as provider and source

 **Matthew 6:33 (NKJV)**

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

 **Philippians 4:19 (NKJV)**

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

 **Luke 16:10 (NKJV)**

“He who is faithful in what is least is faithful also in much.”

## Reflect on:

*Do I trust God fully with provision and stewardship?*



# JANUARY 1

## Keys By Seara - Faith + Foundation Week

**Fasting & Praying on:** *Letting Go to Move Forward: Releasing What God Didn't Assign*

### Prayer Focus:

- Detaching from relationships, habits, and assignments not ordained
- Obedience even when it's uncomfortable
- Entering the new year lighter and aligned

### Declaration:

God, I release every relationship, habit, mindset, and assignment that You did not ordain for this season. I let go without resentment or fear. I trust that obedience brings freedom, and alignment brings peace. I move forward unburdened and prepared for what You have planned. Amen.

**Meditate on:** Letting go, obedience, separation

 **Hebrews 12:1 (NKJV)**

“Let us lay aside every weight, and the sin which so easily ensnares us...”

 **Isaiah 43:18–19 (NKJV)**

“Do not remember the former things... Behold, I will do a new thing.”

 **John 15:2 (NKJV)**

“Every branch that bears fruit He prunes, that it may bear more fruit.”

### Reflect on:

*What is God asking me to release to make room for the new?*



# JANUARY 2 – Join the Live Stream

**Keys By Seara - Faith + Foundation Week**

**Fasting & Praying on:** *Walking in Alignment: Submission, Faith, and Godly Provision*

## **Personal & Live Stream Focus:**

- The power of submission to God's order
- Faith as a daily practice, not a moment
- Financial obedience tied to spiritual maturity
- Prayer of commissioning for the year ahead

## **Declaration:**

Father, I submit my life fully to Your order and authority. I choose you and my faith as my foundation and obedience as my response. Guide me in spirit, mind, and resources. I declare that this year will be marked by alignment, growth, and provision that honors You. I walk forward confident, disciplined, and led by You. Amen.

**Meditate on:** Alignment for the year ahead

 **Romans 8:14 (NKJV)**

“For as many as are led by the Spirit of God, these are sons of God.”

 **Psalms 37:5 (NKJV)**

“Commit your way to the Lord, trust also in Him, and He shall bring it to pass.”

 **Deuteronomy 8:18 (NKJV)**

“And you shall remember the Lord your God, for it is He who gives you power to get wealth.”

## **Reflect on:**

Am I fully submitted to God's order for this new season?

