

31 DAY

fresh

START

A JOURNEY OF WORSHIP, PRAYER & REFLECTION.

DEMETRIUS MILES

I WANT TO WELCOME YOU TO 2025. I INVITE YOU TO OFFER GOD YOUR FIRST 31 DAYS OF THE NEW YEAR AND CAPITALIZE ON THIS INCREDIBLE OPPORTUNITY TO EMBRACE A FRESH START. HOW WE START THE YEAR CAN SIGNIFICANTLY IMPACT HOW WE NAVIGATE AND FINISH THE YEAR STRONG.

PLEASE ALLOW THE FIRST 31 DAYS TO BE SET APART TO SEEK GOD FIRST. THE DEPOSITS YOU RECEIVE OVER THE NEXT 31 DAYS WILL NOT ONLY BE FOR JANUARY, BUT THEY HAVE THE POTENTIAL TO SUSTAIN YOU THROUGHOUT THE YEAR AND EMPOWER YOUR LIFE WHEN YOU NEED IT THE MOST. THE PURPOSE OF THIS TIME IS TO DRAW CLOSER TO GOD AND DIMINISH THE DISTRACTIONS IN YOUR LIFE.

THERE IS A 21-DAY FASTING PERIOD SET FOR JANUARY 6TH TO JANUARY 26TH, AND I AM ASKING YOU TO DETERMINE WHAT YOU WILL BE FASTING FROM. BIBLICAL FASTING IS TO ABSTAIN FROM FOOD, AND I UNDERSTAND THE GOAL IS NOT TO GO 21 DAYS WITHOUT FOOD, BUT HOW ABOUT REFRAINING FROM DOING SOMETHING YOU ENJOY OR THAT'S A DISTRACTION? SOME WILL BE FASTING FROM FOOD, TELEVISION, SOCIAL MEDIA, DEADLY NEGATIVE EMOTIONS, AND BAD HABITS. IN ADDITION, SOME WILL ENGAGE IN A PHYSICAL, MENTAL, AND EMOTIONAL DETOX. I HOPE YOU WILL ENGAGE IN SOME FORM OF FASTING DURING THE 21 DAYS. THE GOAL IS TO FAST, WHATEVER KEEPS YOU FROM DRAWING CLOSER TO GOD.

I HOPE YOU WILL COMMIT TO THIS JOURNEY AND FIND SOMEONE TO BE ACCOUNTABLE TO BECAUSE YOU'RE WORTH IT. I BELIEVE THIS WILL BE THE BEST YEAR OF YOUR LIFE IF IT IS THE BEST YEAR OF YOUR LIFE SPIRITUALLY.

SEEKING GOD TOGETHER,

DEMETRIUS MILES
LEAD PASTOR
THE GATHERING AT TUCSON

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**THIS JOURNAL CONTAINS A DAILY PRAYER FOCUS,
SCRIPTURES, AND A PLACE TO WRITE YOUR
THOUGHTS.**

***Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician before beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.**

PRINT A PERSONAL COPY FOR A MORE ENHANCED EXPERIENCE.

Week **ONE**

Welcome to the first week of your 31-day Fresh Start. This week is dedicated to establishing a God-focused mindset. Instead of asking for your needs, focus on worshiping and honoring God.

Each day, you'll be encouraged to delve into different aspects of praise, helping to deepen your relationship with God. Push through any distractions and honor God through worship. Let's embrace this week as a foundational step in our Fresh Start.



DAY 1

WORSHIP GOD

SCRIPTURE: Matthew 6:31-34

Today, let's reflect on Jesus' words in Matthew 6:31-34, which reminds us not to worry about our daily needs but to seek God's kingdom first. Trust that He knows and provides for our needs.

Praise Word: *Towdah* – Sacrifice of praise.

Towdah means offering praise to the Lord even when it's challenging, embracing worship as a form of sacrifice. Praise the Lord even if you face personal challenges, knowing your praise is powerful.”

Reflection:

How did focusing solely on worship make you feel today?

Record any moments where you felt a shift in your perspective from your needs to God's presence.

What does 'seeking His kingdom first' look like daily?

WORSHIP GOD

SCRIPTURE: John 4:21-24

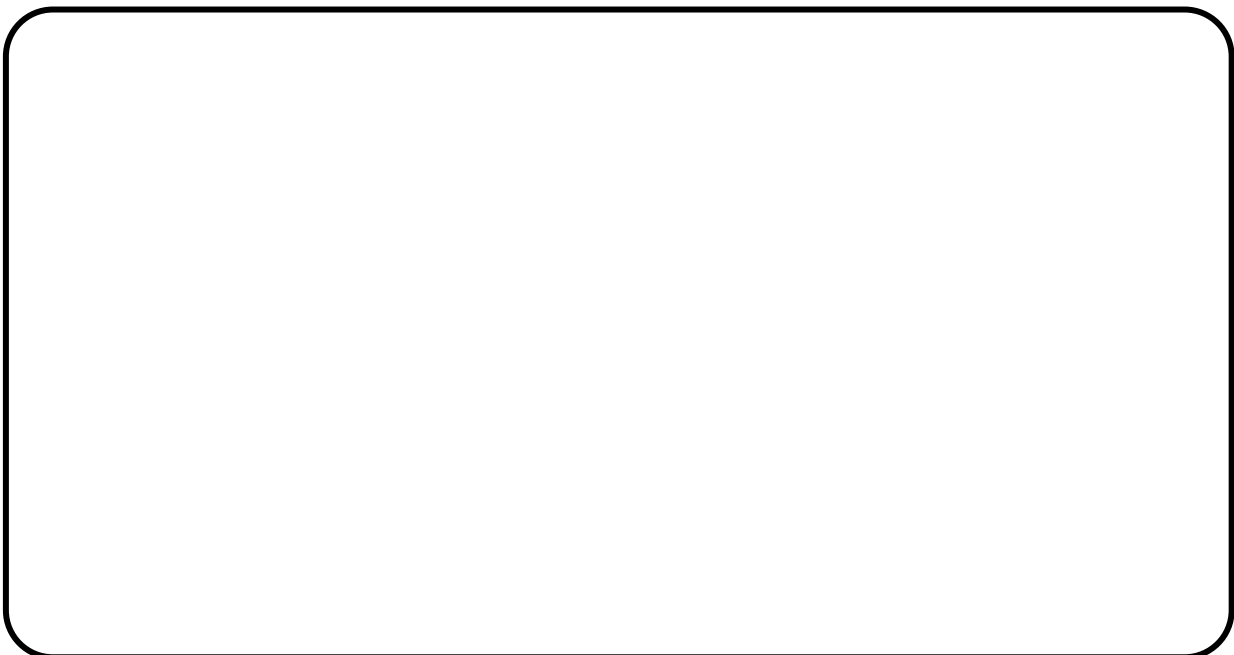
Jesus speaks about the future of worship, emphasizing that true worshipers will worship the Father in spirit and truth, not confined to any location but in an authentic and sincere spirit.

Praise Word: Yadah - Hands Raised.

Yadah involves raising hands in worship, symbolizing surrender, adoration, and a direct acknowledgment of God's majesty and presence.

Reflection:

Share any moments today when you felt deeply connected to God through worship.



WORSHIP GOD

SCRIPTURE: Deuteronomy 28:18


This text warns against allowing any form of idolatry to turn our hearts away from God, highlighting the importance of pure devotion.

Praise Word: Yadah - Hands Raised.

Barak means to kneel or bow in worship, indicating humility and reverence for God's sovereignty.

Reflection:

Can you identify anything that you've exalted above God in your life?



WORSHIP GOD

SCRIPTURE: Isaiah 29:13

This verse criticizes those who only honor God with their words while their hearts are far from Him, urging us to engage in authentic worship that bears fruit.

Praise Word: Halal – Soul rejoice.

Halal involves boisterous, joyful praise, often expressed through song and dance, celebrating God's greatness openly and exuberantly.

Reflection:

Do you struggle to express your worship of God publicly? If so, why?

What are you learning so far on your 31-day journey?

WORSHIP GOD

SCRIPTURE: Matthew 6:16-18

Jesus instructs on the proper heart posture during fasting, emphasizing sincerity and privacy in our devotion rather than seeking approval from others.

Praise Word: Zamar – Instrument Song.

Zamar means to make music praising God, combining instruments and voices to express worship melodiously.

Reflection:

Will you engage in the 21 Days of Fasting/Prayer?

What are you planning to Fast from and why?

WORSHIP GOD

SCRIPTURE: Hebrews 12:28

We are encouraged to offer God acceptable worship with reverence and awe; we are reminded of the greatness and permanence of His Kingdom.

Praise Word: Tehilah – Sing along.

Tehilah refers to spontaneous songs sung from the heart, often reflecting spiritual insights.

Reflection:

Do you give God spontaneous Praise from your heart?

How was your first day of fasting?

WORSHIP GOD

SCRIPTURE: Psalms 100:1-5

This psalm invites us to enter God's presence with joyful songs, recognizing His creation, care, and eternal faithfulness.

Praise Word: Shabach – Shout for joy.

Shabach involves loud praises, where we vocally express our joy and gratitude toward God, celebrating His deeds and character,

(Psalms 98:7) *Let the sea in all its vastness roar with praise! Let the earth and all those living on it shout, "Glory to the Lord!"*

Reflection:

Have you had times today when you vocalized your praise?

Do you believe your worship has increased this week?

Week **TWO**

For the second week, I am asking you to pay attention to your personal needs.

This week, shift your focus inward to personal reflections and communication with God about your vision, goals, family, and other significant aspects of your life. It's a time to engage in introspective prayer and seek guidance for the year ahead.

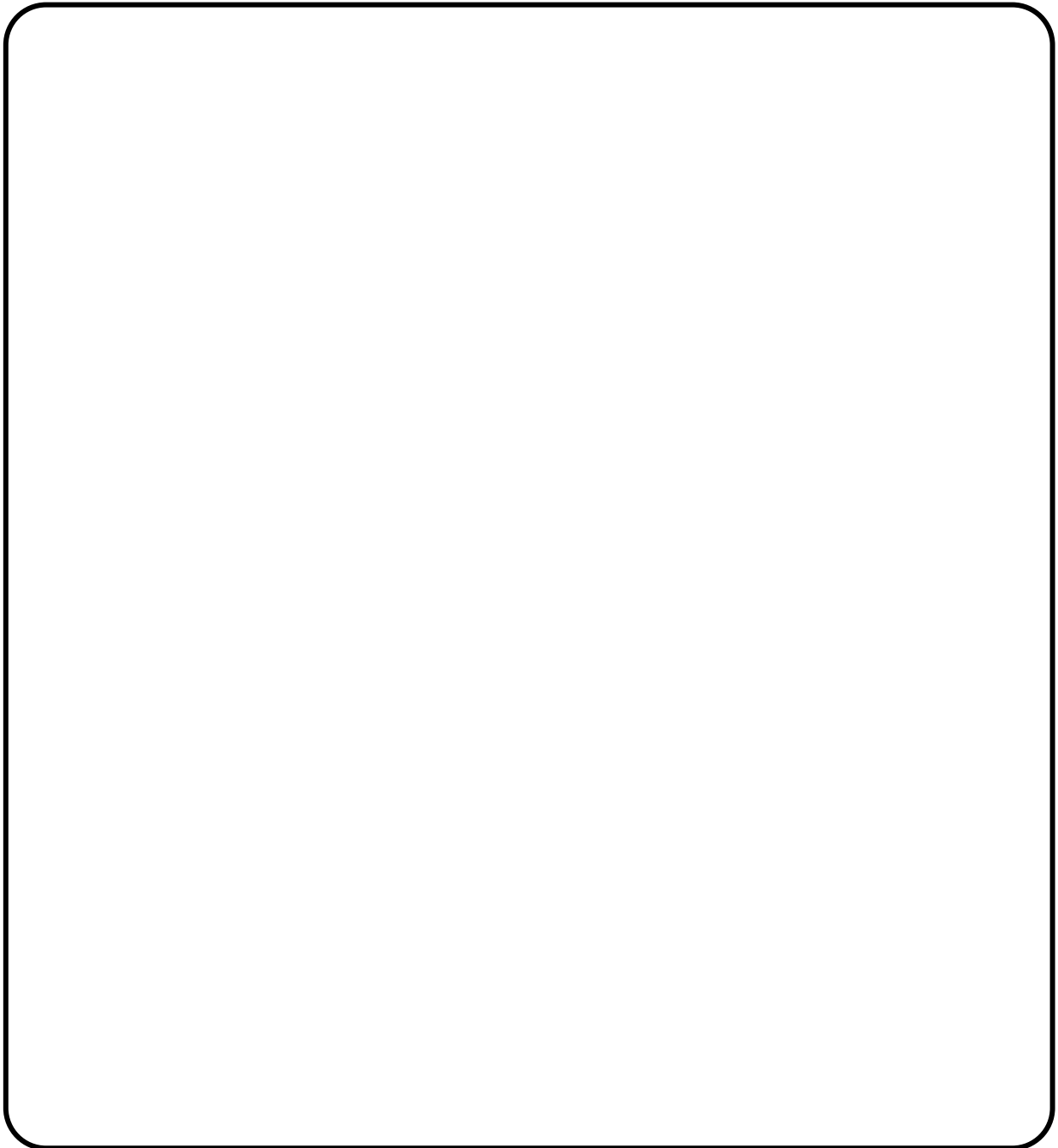
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Week
TWO

DAY 8

PERSONAL

Today, I would like for you to spend it reflecting on your first week of Worship/Fasting and record any highlights or takeaways.



Week
TWO

DAY 9

PERSONAL

SCRIPTURE: Philippians 4:19

God promises to meet our needs according to His riches in glory in Christ Jesus, providing us with assurance of His provision and care.

Reflection:

What needs are you trusting God to meet in the coming months?

How have you experienced God's provision in your life recently?

PERSONAL

SCRIPTURE: Proverbs 29:18

Where there is no vision, the people perish. This proverb highlights the importance of having a godly vision and living according to God's word.

Reflection:

What vision do you have for this year? Please take the time to write it down, make it plain, and share it with someone you trust.

How are you doing on your fast? Are you getting closer to God?

Week
TWO

DAY 11

PERSONAL

SCRIPTURE: Joshua 24:15

As Joshua declared his family would serve the Lord, this passage invites us to consider the spiritual direction of our households.

Reflection:

How can you foster spiritual growth in your family?

How will you model Christ's Character before your family?

PERSONAL

SCRIPTURE: Lamentations 3:40

We are called to examine our ways and return to the Lord. This is a reminder to consistently assess our spiritual walk and make necessary adjustments.

Reflection:

What have you learned about yourself this week of personal reflections?

What changes are you committed to making in your spiritual disciplines?

PERSONAL

SCRIPTURE: 1 John 4:4

This text reminds us that the greater one lives inside of us. There is no struggle or temptation that you cannot overcome.

Reflection:

How are you addressing the struggles and temptations in your life? Do you have accountability in your life?

Could you express the impact of your first week of fasting?

PERSONAL

SCRIPTURE: Mark 2:17

The Sabbath was made for man, not man for the Sabbath. Jesus's teaching reminds us of the importance of rest and spiritual renewal.

Reflection:

How do you plan to incorporate rest and renewal into your regular routine?

Give thought to how important taking time to recharge spiritually and physically.

Week ***THREE***

For the third week, I would like to ask you to please pay attention to the needs of others.

This week, we extend our focus outwards to the needs of others. It's time to pray for family, friends, co-workers, our community, and the world. Let's embody the love and compassion of Christ by interceding on behalf of others.

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Week
THREE

DAY 15

OTHERS

Today, I would like for you to reflect on your second week of Prayer/Fasting and record any highlights or take-aways.

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Week
THREE

DAY 16

OTHERS

SCRIPTURE: Galatians 3:28-29

There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

Reflection:

Do you have racism or prejudice in your heart? If so, repent.

What are you learning, hearing, or sensing in your heart?

Week
THREE

DAY 17

OTHERS

SCRIPTURE: Proverbs 27:17

As iron sharpens iron, so one person sharpens another. This proverb speaks to the value of supportive, challenging, and growth-oriented relationships.

Reflection:

How can you be a positive influence on your friends and co-workers?

Think of the time that you helped or could have helped to sharpen someone spiritually or personally?

Week
THREE

DAY 18

OTHERS

SCRIPTURE: Matthew 28:19-20

This text, known as the Great Commission, this command from Jesus directs us to make disciples of all nations, emphasizing our global responsibility

Reflection:

What global region or challenge has God placed on your heart to pray for?

How can you contribute to the global mission field, whether through prayer, giving, or direct involvement?

Week
THREE

DAY 19

OTHERS

SCRIPTURE: Hebrews 13:17

The text encourages us to submit to godly leadership because they watch over our souls as those who must give an account.

Reflection:

How can you better support and pray for your Pastor and Leadership team?

What actions can you take to encourage and enhance the health of your church?

Week
THREE

DAY 20

OTHERS

SCRIPTURE: I Timothy 2:1-2

This text calls us to pray for all people, especially those in authority, will live peaceful and quiet lives in godliness and holiness.

Reflection:

Are you praying consistently for our National Leaders?

How are you doing with your fasting commitment?

Week
THREE

DAY 21

OTHERS

Today, I would like for you to spend it reflecting on your third week of Prayer/Fasting and record any highlights or takeaways.

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Week ***FOUR***

As we enter the final week of our 31-Day journey, let's recenter our focus entirely on God. This week is about praising and worshipping Him, reflecting on what we have learned, and preparing ourselves to carry these insights into the rest of the year.

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Week
FOUR

DAY 22

WORSHIP GOD

SCRIPTURE: Psalms 95:1-6

This Psalm invites us to come before God with thanksgiving and praise, to bow down in worship, and to recognize His greatness.

Reflection:

Are you praying consistently for our National Leaders?

How does having a prayer posture impact your thoughts on the nation?

Week
FOUR

DAY 23

WORSHIP GOD

SCRIPTURE: II Peter 1:4

This text discusses the great and precious promises given to us through knowing Christ, which enable us to participate in the divine nature and escape the world's corruption.

Reflection:

Which of God's promises have become more real to you this month?

How can you hold on to these promises as you face challenges moving forward?

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Week
FOUR

DAY 24

WORSHIP GOD

SCRIPTURE: Exodus 33:34

God's promise to Moses, "My Presence will go with you, and I will give you rest," reassures us of His continual presence and the peace that comes with it.

Reflection:

How have you experienced God's presence this month?

Think of ways to cultivate a deeper awareness of God's presence daily:

Week
FOUR

DAY 25

WORSHIP GOD

SCRIPTURE: I Thessalonians 5:16-18

This text encourages us always to rejoice, pray, and give thanks in all circumstances, for this is God's will for us in Christ Jesus.

Reflection:

What are you thankful for as this month comes to an end?

How can you make gratitude a consistent part of your life?

WORSHIP GOD

SCRIPTURE: Romans 12:1-2

The text urges us to offer our bodies as a living sacrifice, holy and pleasing to God. We are not to conform to the pattern of this world but to be transformed by the renewing of our minds.

Reflection:

What commitments are you willing to make to continue your journey of spiritual growth?

How do you plan to renew your mind and resist the ungodly influences?

What's your biggest takeaway from this time of fasting?

Week
FOUR

DAY 27

WORSHIP GOD

SCRIPTURE: Psalm 150

The Psalm calls us to praise God with every musical instrument and breath, celebrating His mighty acts and supreme greatness.

Reflection:

How has praise and focusing on worshipping God impacted your journey this month?

How do you plan to keep praise and worship central to your daily routine?

WORSHIP GOD

SCRIPTURE: Psalm 119:105

This Psalm powerfully declares the practical and guiding nature of God's Word: "Your word is a lamp to my feet and a light to my path." This verse highlights how Scripture illuminates our daily lives and decisions, offering clarity in moments of uncertainty and darkness.

Reflection:

How has Scripture guided you in making important decisions this past month?

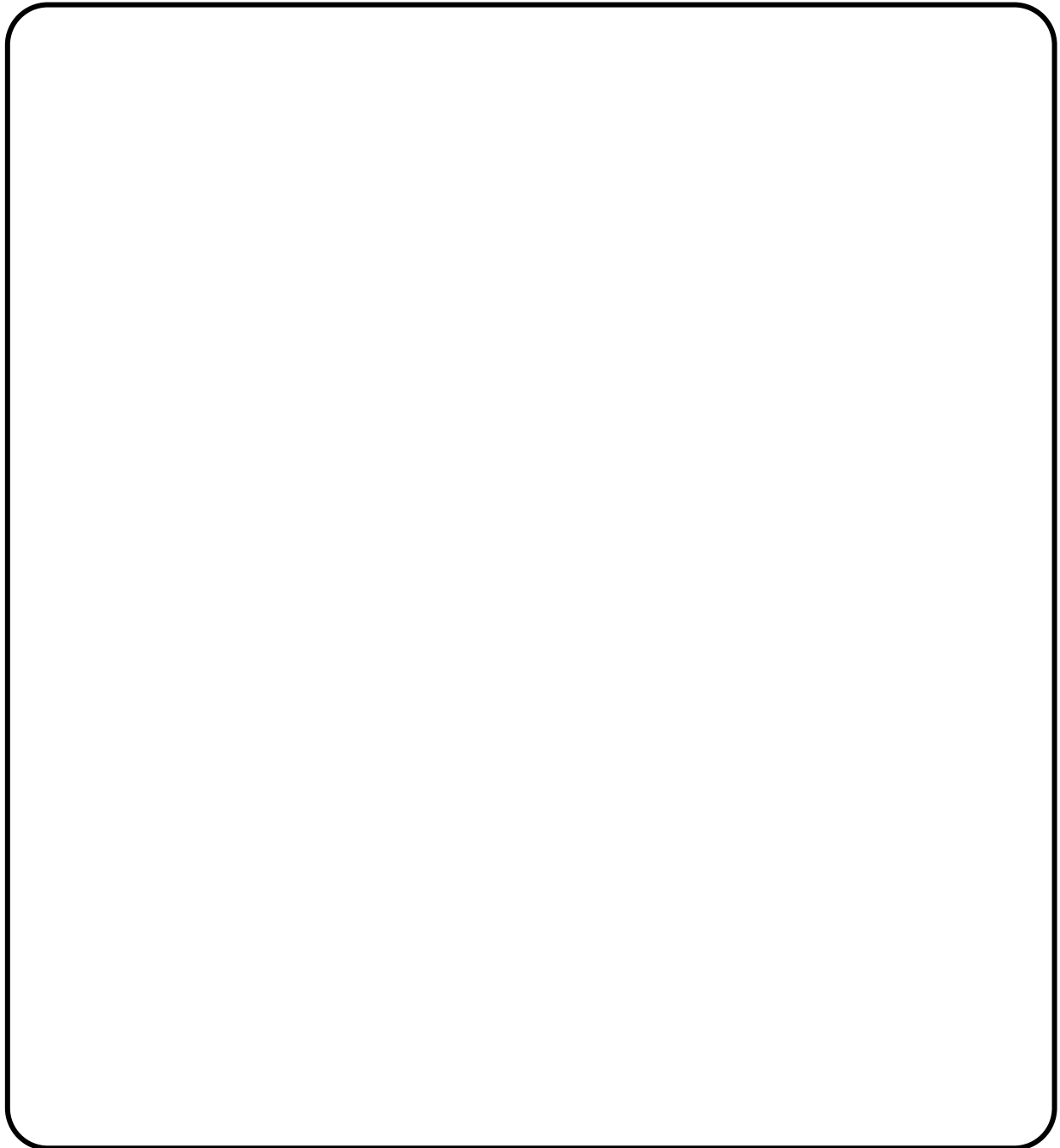
How can you increase your engagement with the Word to continue walking in the light?

Week
FOUR

DAY 29

WORSHIP GOD

Take the day to reflect over the past month and journal your thoughts, feelings, and experiences.

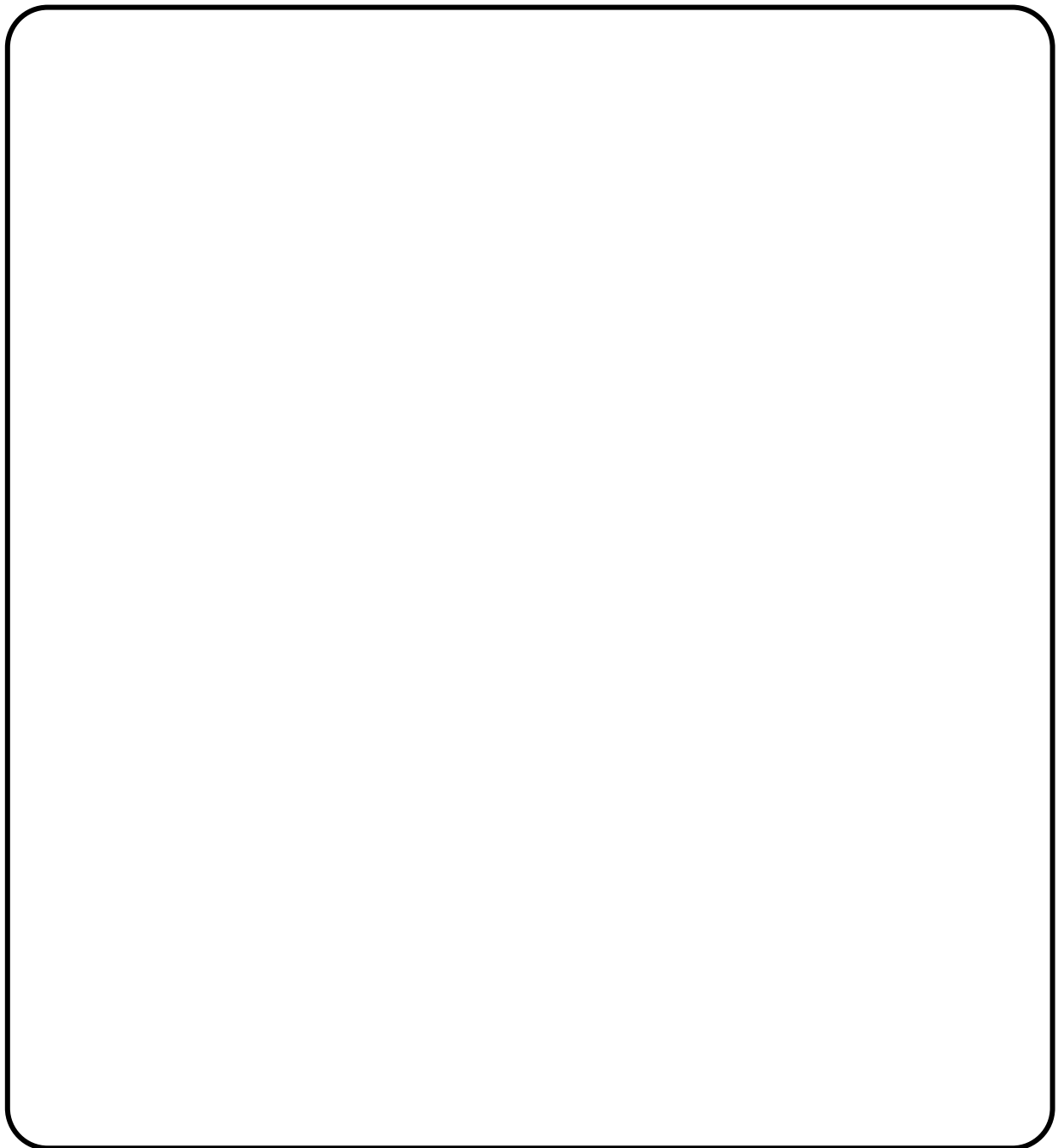
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Week
FOUR

DAY 30

RELEASE

You can take the day to reflect and review your Vision for the year!

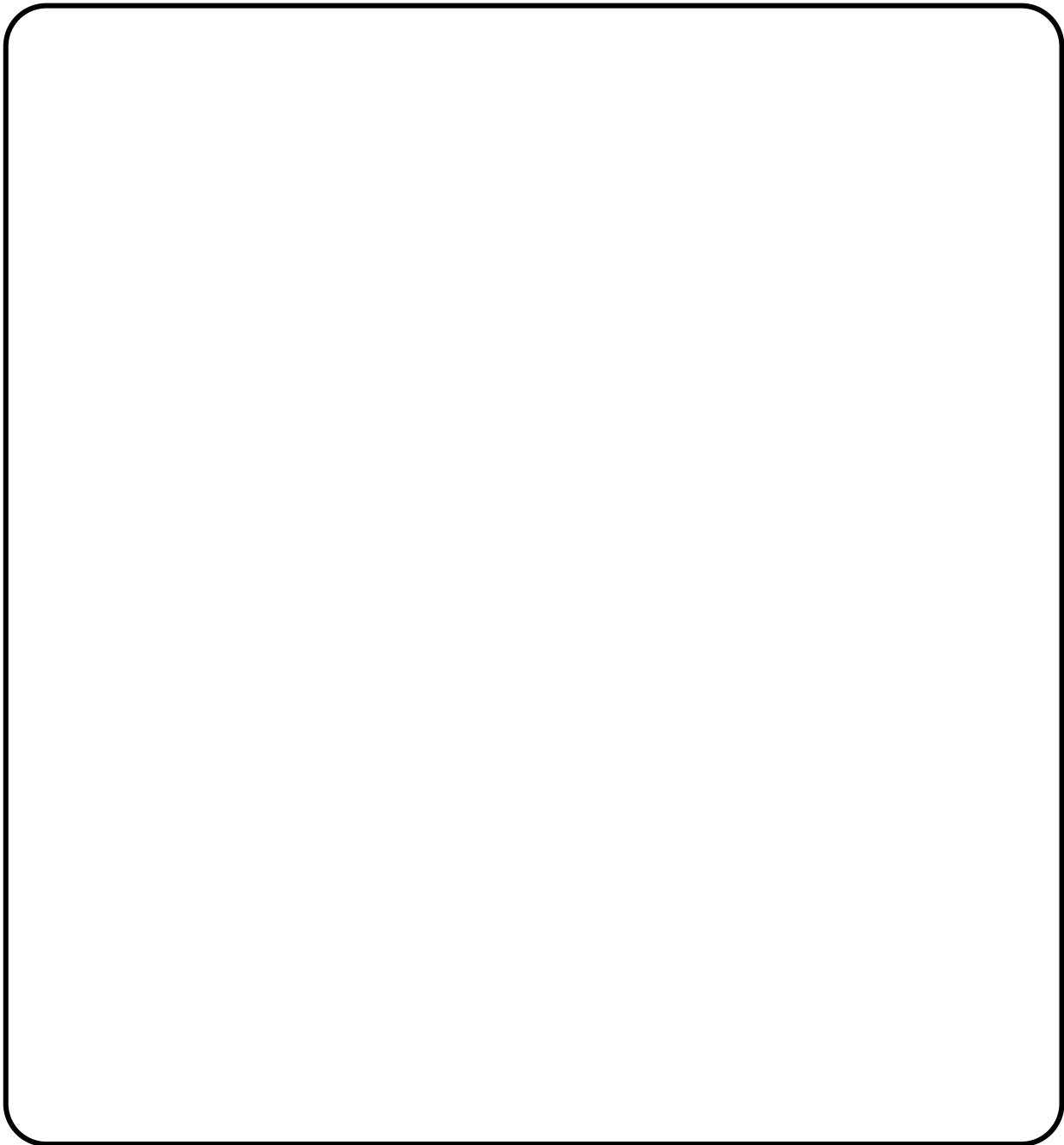


Week
FOUR

DAY 31

RELEASE

Take the day to rejoice over all that you have navigated through this first month and how you were able to discover God, yourself, and others in a deeper way.



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