

10-Day Reflection Guide for the Days of Awe

HOW TO PAIR WITH FASTING

- Begin each day at 6 AM with prayer and scripture before starting the fast.
- During hunger pangs, redirect your attention to the day's theme and journal a few sentences.
- Break the fast at 6 PM with a light meal — and thank God for both physical and spiritual sustenance.
- Day 10 you may choose the full 25-hour traditional fast (sundown to sundown) It's your choice.

Day 1 — God's Kingship

- Theme: God reigns as King over all creation.
- Scripture: "The Lord has established His throne in the heavens, and His kingdom rules over all." (Psalm 103:19)
- Reflection: Where do I resist God's rule in my life? What would surrender look like?

Day 2 — Remembering

- Theme: God remembers His covenant; we remember His faithfulness.
- Scripture: "I will remember My covenant with Jacob, and also My covenant with Isaac and Abraham." (Leviticus 26:42)
- Reflection: What promises of God do I need to hold onto more deeply right now?

Day 3 — Repentance (Teshuvah)

- Theme: Turning back to God.
- Scripture: "Return to Me, and I will return to you, says the Lord." (Malachi 3:7)
- Reflection: In what area of life am I walking away from God, and how can I turn back?

Day 4 — Forgiveness

- Theme: Both seeking and extending forgiveness.
- Scripture: "Forgive us our debts, as we also have forgiven our debtors." (Matthew 6:12)
- Reflection: Who do I need to forgive? From whom do I need to seek forgiveness?

Day 5 — Humility

- Theme: Lowering self to lift God higher.
- Scripture: "Humble yourselves before the Lord, and He will exalt you." (James 4:10)
- Reflection: Where has pride hardened my heart?

Day 6 — Charity (Tzedakah)

- Theme: Acts of kindness and generosity.
- Scripture: "Whoever is generous to the poor lends to the Lord." (Proverbs 19:17)
- Reflection: How can I give sacrificially this week — not just money, but time, love, or encouragement?

Day 7 — Prayer

- Theme: Deepening conversation with God.
- Scripture: "Evening, morning, and noon I cry out in distress, and He hears my voice." (Psalm 55:17)
- Reflection: Do I approach prayer as duty or delight? How can I grow more consistent?

Day 8 — Reconciliation

- Theme: Making peace with others.
- Scripture: "If you are offering your gift at the altar and there remember that your brother has something against you, leave your gift... first be reconciled." (Matthew 5:23-24)
- Reflection: Who do I need to reach out to and restore relationships now?

Day 9 — Awe & Reverence

- Theme: Standing in holy awe before God.
- Scripture: "The fear of the Lord is the beginning of wisdom." (Proverbs 9:10)
- Reflection: Do I live with reverence — or have I let the sacred become too casual?

Day 10 — Atonement

- Theme: God provides forgiveness through atonement.
- Scripture: "For on this day atonement shall be made for you to cleanse you. You shall be clean before the Lord." (Leviticus 16:30)
- Reflection: What guilt or shame do I still carry that God wants me to release and be free from?