

Exceeding Grace Christian Center

21-Day Sugar-Free Devotional Challenge

Day 1

Scripture: 1 Corinthians 6:19-20

Your body is a temple of the Holy Spirit. Removing sugar is not just about diet, but stewardship. Begin today with commitment to treat your body as holy.

- Identify hidden sugars in your pantry and remove them.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 2

Scripture: Psalm 34:8

Taste and see that the Lord is good. As you crave sweets, remind yourself God offers a greater satisfaction than sugar.

- Replace one sugary snack with fresh fruit.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 3

Scripture: Romans 12:1

Offer your body as a living sacrifice. Your health choices can be worship. Cutting sugar is an act of surrender to God.

■ Drink only water or unsweetened beverages today.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 4

Scripture: Proverbs 25:28

A person without self-control is like a city without walls. Resisting sugar strengthens discipline in all areas of life.

■ Journal your cravings and pray for strength.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 5

Scripture: John 6:35

Jesus said, 'I am the bread of life.' He alone satisfies hunger and thirst. Turn sugar cravings into moments of prayer.

■ Memorize John 6:35 and recite when cravings arise.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 6

Scripture: 1 Corinthians 9:27

Paul disciplined his body to serve God. Your sugar fast trains your spirit to overcome fleshly desires.

■ Take a short walk instead of reaching for a snack.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 7

Scripture: Psalm 119:103

God's Word is sweeter than honey. After one week, notice your energy improving—rely on scripture to sustain you.

■ Celebrate week 1: Share your progress with a friend.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 8

Scripture: Isaiah 40:31

Those who wait on the Lord renew their strength. As your body adjusts, God renews your energy.

■ Prepare a sugar-free meal for the week ahead.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 9

Scripture: Philippians 4:13

You can do all things through Christ. When cravings feel overwhelming, lean on His strength.

■ Drink 8 glasses of water today.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 10

Scripture: Galatians 5:22-23

Self-control is fruit of the Spirit. Each sugar-free day is a seed of spiritual fruit in your life.

■ Replace dessert with a sugar-free recipe tonight.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 11

Scripture: Psalm 23:1

The Lord is my shepherd; I lack nothing. He provides all you need—spiritually and physically.

■ Skip all processed foods today.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 12

Scripture: Matthew 5:6

Blessed are those who hunger and thirst for righteousness. As you hunger for sugar, redirect that desire toward God.

■ Pray whenever you feel a craving.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 13

Scripture: 1 Peter 5:8

Be alert and sober-minded. Sugar dulls clarity, but removing it sharpens your focus for prayer and study.

■ Spend 15 minutes in focused prayer instead of snacking.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 14

Scripture: Isaiah 58:6

The fast God chooses breaks chains. Sugar fasting can break unhealthy cycles and bring freedom.

■ Reflect on two positive changes since you began.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 15

Scripture: Colossians 3:2

Set your mind on things above. Train your thoughts to rise above cravings.

■ Try a new sugar-free snack like nuts or seeds.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 16

Scripture: Matthew 6:33

Seek first the kingdom of God. Your health journey aligns with kingdom priorities when God comes first.

■ Begin your day with prayer before eating.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 17

Scripture: James 1:12

Blessed is the one who perseveres under trial. Overcoming sugar is a trial with great reward.

■ Thank God for your progress in a written prayer.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 18

Scripture: 3 John 1:2

Beloved, I pray you prosper and be in good health. God desires your wholeness in body, soul, and spirit.

■ Choose whole, unprocessed foods all day.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 19

Scripture: Hebrews 12:11

Discipline feels painful now, but later produces righteousness. Stay committed, knowing the fruit is coming.

■ Write down 3 ways your body feels better today.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 20

Scripture: Philippians 1:6

He who began a good work in you will complete it. God is faithful to sustain you to the end.

■ Encourage another person to make a healthy change.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	

Day 21

Scripture: Psalm 126:3

The Lord has done great things for us! Today, celebrate 21 days of victory. Your body and spirit have been renewed.

■ Share your testimony with the church or a friend.

Task	Completed?
Read scripture	
Prayer & reflection	
Follow sugar-free action step	