



The Harness Devotional

August 17 – 22, 2026

Anna: Prophetess in the Temple.

Verses: Luke 2:36-38

There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem. (NIV)

Song: [Wait on You by Elevation Worship & Maverick City Music](#)

This song is a powerful worship anthem that encourages believers to trust God's perfect timing. Rooted in Isaiah 40:31, it reminds listeners that patient faith brings renewed strength, hope, and confidence in God's unfailing promises.

Monday: A Life of Devotion

Scripture: Luke 2:36 (ESV) "And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived with her husband seven years from when she was a virgin.

Reflection: Anna experienced deep heartbreak early in life, yet she chose to anchor her identity in God rather than her tragedy. Instead of allowing bitterness to isolate her,

her sorrow drove her deeper into her prophetic calling. True devotion is forged when we allow our personal losses to draw us closer to the heart of God.

How have past heartbreaks or unmet expectations shaped my relationship with God?

Daily Action Step: Write down one past disappointment and explicitly hand it over to God, thanking Him for sustaining you through it.

Tuesday: The Gift of Consistency

Scripture: Luke 2:37a (ESV)"...and then as a widow until she was eighty-four. She did not depart from the temple.

Reflection: For decades, Anna showed up in the same place, doing the same thing, without needing applause from men. Her life reminds us that consistency in the hidden places matters immensely to Heaven. Spiritual growth is rarely born from sudden bursts of emotion; it is built through daily, quiet faithfulness over a lifetime. Pray for the stamina to remain steady and consistent in your daily spiritual habits.

Daily Action Step: Choose a specific time and location for prayer today, and show up exactly on time without any digital distractions.

Wednesday: Fasting and Prayer

Scripture: Luke 2:37b (ESV)"...worshipping with fasting and prayer night and day.

Reflection: Anna understood that worship requires sacrifice, leaning heavily on fasting and prayer to keep her spirit sharp. By denying her physical appetites, she amplified her capacity to hear from the Holy Spirit. True spiritual power is unlocked

when we intentionally clear out cultural noise to focus entirely on God's presence.

What physical or digital comforts am I relying on too heavily instead of turning to God?

Daily Action Step: Fast from one meal or from social media for the next 24 hours, using that specific time to pray instead.

Thursday: Divine Timing

Scripture: Luke 2:38a (ESV)"And coming up at that very hour she began to give thanks to God...

Reflection: Heaven orchestrated the exact moment Anna walked up to see the infant Jesus, Simeon, and His young parents. Because she lived in a state of constant spiritual readiness, she did not miss the alignment God prepared for her. When you walk closely with the Spirit, you can trust Him to place you in the right place at the right time. Ask the Holy Spirit to sharpen your discernment so you do not miss His divine setups today.

Daily Action Step: Pause three times today for sixty seconds to ask God if there is an immediate assignment right in front of you.

Friday: Outpour of Thanksgiving

Scripture: Luke 2:38b (ESV) "...she began to give thanks to God..."

Reflection: The immediate response of Anna's heart upon recognizing the Messiah was a spontaneous overflow of profound gratitude. Decades of waiting did not make her cynical; they made her thankful when the promise finally arrived. Gratitude keeps our hearts soft, ensuring we celebrate the answers to our prayers with genuine joy. What answers to prayer have I witnessed lately that I need to stop and thank God for?

Daily Action Step: Spend the first five minutes of your next prayer session focusing exclusively on thanks, asking for absolutely nothing.

Saturday: Speaking of Redemption

Scripture: Luke 2:38c (ESV) "...and to speak of him to all who were waiting for the redemption of Jerusalem."

Reflection: Anna did not keep the good news to herself; she immediately began sharing the message of Christ with everyone, looking for hope. Her age did not disqualify her from being a powerful evangelist and a vocal witness for the Kingdom. No matter your season of life, God calls you to declare His redemption to those trapped in darkness.

Pray for open doors and bold vocabulary to share the hope of Jesus with someone this week.

Daily Action Step: Identify one person in your circle who is currently discouraged and share a specific word of scriptural hope with them today.