

S.O.A.P BIBLE READING PLAN

SCRIPTURE

Read the selected chapters for the day and discover God's truth and love. Look for a couple of Bible verses that stand out to you and write them down.

OBSERVATION

Next, what are your observations about the Bible verses you wrote down? Ask the Holy Spirit to help you understand them. Think about what these verses say and write out the truths in your own words.

APPLICATION

Make it personal. Think about how these verses relate to your life. Write about how God wants you to apply his truth to your everyday life.

PRAYER

Keep it simple. Ask God to help you apply His Word to your daily life. Remember, prayer is a conversation, so listen to what God might say and write it down.

JANUARY READING PLAN

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|----|------------|----|----------------|
| 1 | Matthew 19 | 19 | Mark 7 |
| 2 | Matthew 20 | 20 | Mark 8 |
| 3 | Matthew 21 | 21 | Mark 9 |
| 4 | Matthew 22 | 22 | Mark 10 |
| 5 | Matthew 23 | 23 | Nehemiah 1 & 2 |
| 6 | Isaiah 58 | 24 | Nehemiah 3 & 4 |
| 7 | Daniel 10 | 25 | Nehemiah 5 & 6 |
| 8 | Matthew 24 | 26 | Mark 11 |
| 9 | Matthew 25 | 27 | Mark 12 |
| 10 | Matthew 26 | 28 | Mark 13 |
| 11 | Matthew 27 | 29 | Mark 14 |
| 12 | Matthew 28 | 30 | Mark 15 |
| 13 | Esther 4 | 31 | Mark 16 |
| 14 | Mark 1 & 2 | | |
| 15 | Mark 3 | | |
| 16 | Mark 4 | | |
| 17 | Mark 5 | | |
| 18 | Mark 6 | | |

"How sweet are your words to my taste, sweeter than honey to my mouth! Through your precepts I get understanding; therefore I hate every false way. Your word is a lamp to my feet and a light to my path." Psalm 119: 103-105

**21
DAYS
P&F**

JANUARY 6TH - 26TH

FASTING BASICS

The What:

“Simply stated, Biblical fasting is refraining from food for a spiritual purpose.”

Jentezen Franklin

Biblical fasting takes desire, sacrifice and strength—strength which only comes from God. The spiritual discipline of fasting is proven to produce a ripple effect of God’s blessing. When you give God your first through fasting and prayer at the beginning of the year, you set the course for the entire year.

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.” - Matthew 6:33

The Why:

To become more like Jesus in our daily lives! By fasting food, comforts and habits in our daily routine, we create space and time to connect with our Lord and Savior throughout the day.

By combining fasting with prayer, we are utilizing the time we’ve created through fasting to spend time in prayer. (Isaiah 58:6-7) Fasting shows a physical action of a spiritual desire. Our physical action is to “give up” something that we want because our spiritual desire is to get more of Jesus.

FASTING BASICS

The How:

As you set out on this 21 day journey, take time to ask God “What would you like me to fast?” (Proverbs 20:18 & Psalms 32:8)

Let Him speak into the areas of your life that you need to make room for more of Him. Common things that are fasted during this period of time are specific foods such as sweets, drinks, meats, eating out, etc.

Some will choose to fast...

1. Specific days
2. Specific meals
3. Periods of time

There is no specific formula to follow so simply do what God is asking of you. We would encourage you to journal about your prayer time each day. Don’t rush through these moments with God, in fact, stay with Him until He speaks something to you. (Acts 13:3)

**TYPES OF
FASTINGS
BY JENTEZEN
FRANKLIN**



SCAN ME

FASTING BASICS

What to Expect:

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus’ example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God’s face.

**“TRUE PRAYER IS A
WAY OF LIFE, NOT
JUST FOR USE IN CASE
OF EMERGENCY.”**

BILLY GRAHAM