

PRAYER & FASTING

January 9-30, 2022

SOAP is a simple method for reading and applying God's word to our lives. SOAP stands for Scripture, Observation, Application and Prayer and involves four simple steps:

1. **S**cripture – Read a short Bible passage out loud and/or write it out.
2. **O**bservation – What do you notice about the verses? What do you think the main message is? What verses, words or ideas jump out to you?
3. **A**pplication – Ask God how he wants you to apply the verse to your own life. What do you need to do today because of the passage?
4. **P**ray – Pray for yourself and/or for others.

During this time of prayer and Fasting, use the scriptures below each day to use the SOAP devotional method and let God encourage you as you fast. Always start your time praying “Holy Spirit work and speak to me” and watch as He shows up.

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| <input type="checkbox"/> Day 1 - Matthew 6:16-18 | <input type="checkbox"/> Day 12 - Psalm 37:4-5, Psalm 37:23 |
| <input type="checkbox"/> Day 2 - Ezra 8:21-23 | <input type="checkbox"/> Day 13 - Deuteronomy 32:3-4 |
| <input type="checkbox"/> Day 3 - Isaiah 58:1-9 | <input type="checkbox"/> Day 14 - Psalm 40:5-16 |
| <input type="checkbox"/> Day 4 - Matthew 9:14-17 | <input type="checkbox"/> Day 15 - Psalm 19:7-17 |
| <input type="checkbox"/> Day 5 - Acts 13:1-3 | <input type="checkbox"/> Day 16 - Luke 14:25-35 |
| <input type="checkbox"/> Day 6 - Mark 9:14-29 | <input type="checkbox"/> Day 17 - Galatians 6:7-10 |
| <input type="checkbox"/> Day 7 - Romans 7:7-24 | <input type="checkbox"/> Day 18 - James 1:12-18 |
| <input type="checkbox"/> Day 8 - Hebrews 12:1-13 | <input type="checkbox"/> Day 19 - Psalm 112:6-7 |
| <input type="checkbox"/> Day 9 - Luke 11:1-13 | <input type="checkbox"/> Day 20 - 1 Corinthians 16:13 |
| <input type="checkbox"/> Day 10 - Philippians 3:12-4:1 | <input type="checkbox"/> Day 21 - 1 Corinthians 15:56-58 |
| <input type="checkbox"/> Day 11 - Philippians 4:10-23 | |

Steps to Successful Fasting

STEP 1: Set Your Objective

Why are you fasting? What is your spiritual goal? Here are some of the most common objectives: Spiritual renewal, Reconciliation of relationships, Guidance in life decisions, Healing, Resolution of problems, Special grace to handle a difficult situation...

Write your objectives here: _____

STEP 2: Make Your Commitment

What are you going to fast from? Think about the things you normally use to feed your body or your soul (emotions). Food: certain meals each week, types of food (sweets, pop, meats, etc). Media: Facebook, Instagram, news, Netflix, gaming, etc.

Write what and when you are fasting: _____

STEP 3: Create a prayer list

What are you going to ask God for every day during the fast? If you have kids, please sit down and create this list together. Example: Family members, work situation, church family, personal needs, hopes for the year, physical healing, etc...

Write your prayer list here (or on another paper to give copies to your family): _____

