

21

*twenty-one*

days of prayer

**Kingwood**Church  
January 6-26, 2025

## A Letter From Pastor Jay

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I am glad you are joining us for 21 Days of Prayer. In Scripture, we often see how important first things are. We are to give God the first day of the week, the first 10% of all we earn, and He alone is to be our first love. Following that line of thought, how appropriate it is that we give God the first part of the new year. This devotional was written to help you do just that.

A daily portion of scripture has been chosen to guide our prayer times using the S.O.A.P method. The scripture passages are from various books of the Bible and each is an encouraging word to help you rededicate and renew your faith walk at the beginning of 2025.

Hopefully you can find time each day to read the scripture passages following the S.O.A.P. method. But even if you miss a day, you will not get behind because each day's message stands alone. We will also be sharing a special time of communion at SOAK on January 19th at 5:30 PM.

Please consider participating in some type of fasting during this time of focused prayer. Fasting will help you to enhance your prayer time and increase your hunger for God. To help you prepare for fasting, we have included a section that should answer most of your questions (page 2).

This will be a great time of refreshing, seeking God's face, and preparing ourselves for the year ahead. I look forward to sharing this time with you!

Praying with you,

*Pastor Jay*

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## **Preparing for Prayer + Fasting**

Below are a few questions to help you prepare for this time of prayer and fasting:

- What will be your prayer focus? It usually helps to make a list.
- What do you sense God speaking to you about this season of prayer? Do you have a sense of what He wants to do or are there areas you long to connect with God about?
- What type of prayer/fast will you do?
- Is there a way to apply the prayer/fast to your family?
- What time of day will you do the devotional S.O.A.P. reading?

## **How to Do a Fast**

### **Decide what you will fast**

Commit to the Lord which type of fast you will do (partial, normal, absolute). If you are new to fasting, we recommend a partial fast, especially since it will be a 21 day journey. In a partial fast, simply give something up that is important to you for 21 days in order to pray and seek God.

- give up TV, internet, and movies
- eat only fruit, vegetables, and liquids
- only consume liquids (juices, vitamin drinks, etc.)
- give up some category of foods (sweets, caffeine, breads, fried foods, etc.)

### **Repent**

Submit to Jesus the excesses, attachments, the wrong thinking/beliefs, and cultural baggage that you have allowed in your life. Ask God to reveal them to you, to wash you of them, and to break the connection to them. Allow the cleansing power of God to be a reality to you.

## **Pray**

Set a regular time of prayer for these 21 days. As much as possible have a regular time of prayer every day. Morning and evening prayer for 21 days is very effective. Make a prayer list. Bring the issues of your life to God and ask Him to reveal and to move you into His will on these issues.

## **The Main Thing**

The Main Thing is to keep the “main thing” the main thing. This is about getting closer to God. Keep worship, repentance, submission to God, and determination to do God’s will at the center of the fast. If your fast does not provide opportunity for your prayer life to intensify, do a different kind of fast.

It is good for us to set aside our routines, to focus, to pursue God, and to alter our diets enough that we think about God every time we eat. A fast creates openness to God’s plans, His Word, and His presence. A focused time of prayer and fasting will disrupt the natural and allow the spiritual to deepen in our lives.

# What is S.O.A.P.

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S.O.A.P. is a way to engage the scriptures and to help us live out God's Word. A really neat part of doing this devotional is you are not doing it by yourself. Hundreds of other people are reading the same scriptures you are. Here's how it works:

## **Scripture**

Read the assigned portion of scripture. Ask the Holy Spirit to use one of these verses to speak to you. One of the verses will grab your attention or shine out from the section. Write that verse down.

## **Observation**

Quiet your heart, set aside the "to do" lists in your mind, and as best as you can, focus in on this verse. Ask the Holy Spirit to help you see why this verse jumped out at you. Read the verse again and try to understand it in its context. Who wrote it? Why was it written? What is happening in this passage? Take a few minutes to meditate and reflect on the meaning of this verse and let it soak deeply into your heart. What did you notice about renewal and returning to God?

## **Application**

Write a few thoughts on how you could apply what you just read to your life. How can you put this into practice today?

## **Prayer**

Ask God to help you live out His Word and to be faithful to the insight the Holy Spirit has brought to you. In the end, none of us can live the Christian life without God's help. Write down your prayer for the day, ask specifically for God's help, and thank Him for this insight.

## scripture

*"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters"*

## observation

*The Lord is my Supplier, my Sustainer, my Caretaker, my Protector, and Guide. What more do I need?"*

## application

*If God is my Supplier and Sustainer, then why do I worry so much? He who aligned the universe, who spoke and continues to speak the stars into the sky, can certainly align my life. I have concerns because I don't see the "big picture"; however, seeing the big picture would negate my need to rely on God. Trust only comes when I am out of control and must rely on the God who holds the big picture. Like a shepherd who knows where the fertile pasture is, God is leading me toward purpose and destiny. And sometimes, I am led through dark valleys toward fertile pasture.*

## prayer

*Lord, today Your Word has cut my heart. I repent of not trusting You. I repent of relying on my own wisdom and understanding. You are my Supplier, my Sustainer, my Caretaker, my Protector, and my Guide. What more do I need? Show me those areas in which You desire to stretch my trust. Teach me to move with the rhythms of Your grace.*

















































# Suggested Fast for Kids + Teens

<b>Day 1</b> TV, movies, and video games	<b>Day 2</b> TV, movies, and video games	<b>Day 3</b> sugars, dessert, & candy	<b>Day 4</b> sugars, dessert, & candy	<b>Day 5</b> sugars, dessert, & candy	<b>Day 6</b> TV, movies, and video games	<b>Day 7</b> sugars, dessert, & candy
<b>Day 8</b> TV, movies, and video games	<b>Day 9</b> TV, movies, and video games	<b>Day 10</b> sugars, dessert, & candy	<b>Day 11</b> sugars, dessert, & candy	<b>Day 12</b> sugars, dessert, & candy	<b>Day 13</b> sugars, dessert, & candy	<b>Day 14</b> sugars, dessert, & candy
<b>Day 15</b> cell phones	<b>Day 16</b> cell phones	<b>Day 17</b> cell phones	<b>Day 18</b> sugars, dessert, & candy	<b>Day 19</b> sugars, dessert, & candy	<b>Day 20</b> sugars, dessert, & candy	<b>Day 21</b> sugars, dessert, & candy

