

# 21 Days OF PRAYER AND FASTING

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## WHAT IS S.O.A.P.?

SOAP is a descriptor that stands for Scripture-Observation-Application-Prayer. It is a journaling method to memorialize our daily readings of Scripture. Daily devotions (reading and journaling) is a vital spiritual discipline to assist you in your walk with Christ. There is no substitute for this habit. All that is needed is a Bible, writing instrument, and paper. Save your journals and review them periodically to see how God may be speaking to you over time. Journaling will grow your relationship with God, hasten spiritual maturity, and improve your writing.

Scripture - Open your Bible to the reading for today. Take your time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write in your journal.

Observation - Write down what you think God is saying to you in this Scripture. Ask the Holy Spirit to teach you and reveal His truth to you. Paraphrase and write this Scripture down in your own words, in your journal.

Application - Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise or corrections for a particular area of your life. Write how this Scripture can apply to you today.

Prayer - This can be as simple as asking God to help you use the Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! write it out.

You can use any version of the Bible that you enjoy reading. If you are not sure which to use, the NIV (New International Version), ESV (English Standard Version), or NLT (New Living Translation) are a good starting point to try.

Now, let's begin this journey and **DEVOTE** ourselves to God's Word and S.O.A.P. through the Book of Acts of the Apostles.

(Complete "Application" and "Prayer" sections of your S.O.A.P. in a separate journal)

# WEEK 1: 1/5 - 1/11

## January 5 - Day 1 - "EMPOWERED"

- Scripture - ACTS 1
- Observation - Jesus commissions His followers and promises the Holy Spirit to empower them.

## January 6 - Day 2 - "FILLED"

- Scripture - ACTS 2
- Observation - The Holy Spirit fills the believers and unites people from many backgrounds.

## January 7 - Day 3 - "HEALED"

- Scripture - ACTS 3
- Observation - Peter heals a lame man, revealing Jesus' power and opening a door to preach.

## January 8 - Day 4 - "BOLD"

- Scripture - ACTS 4
- Observation - Believers pray for boldness instead of safety when facing persecution.

## January 9 - Day 5 - "PURIFIED"

- Scripture - ACTS 5
- Observation - God purifies His church and continues to release miraculous power.

## January 10 - Day 6 - "SERVING"

- Scripture - ACTS 6
- Observation - Spirit-filled servant leaders are appointed to meet practical needs in the church.

## January 11 - Day 7 - "FAITHFUL"

- Scripture - ACTS 7
- Observation - Stephen boldly proclaims God's story and sees Jesus standing with him during persecution.

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## WEEK 2: 1/12 - 1/18

### January 12 - Day 8 - "SENT"

- Scripture - ACTS 8
- Observation - Persecution spreads the gospel far beyond Jerusalem, reaching new people.

### January 13 - Day 9 - "TRANSFORMED"

- Scripture - ACTS 9
- Observation - Saul encounters Jesus and becomes a completely transformed man.

### January 14 - Day 10 - "INCLUDED"

- Scripture - ACTS 10
- Observation - God shows Peter that the gospel is for all people, not just a select group.

### January 15 - Day 11 - "ACCEPTED"

- Scripture - ACTS 11
- Observation - The church celebrates that the Holy Spirit has been poured out on the Gentiles too.

### January 16 - Day 12 - "RESCUED"

- Scripture - ACTS 12
- Observation - God miraculously frees Peter from prison after the church prays.

### January 17 - Day 13 - "COMMISSIONED"

- Scripture - ACTS 13
- Observation - The Holy Spirit sends Paul and Barnabas out on the first missionary journey.

### January 18 - Day 14 - "ENDURE"

- Scripture - ACTS 14
- Observation - Paul and Barnabas faithfully preach despite trials, strengthening new believers.

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## WEEK 3: 1/19 - 1/25

### January 19 - Day 15 - "UNIFIED"

- Scripture - ACTS 15
- Observation - The church resolves conflict through Scripture, wisdom, and unity.

### January 20 - Day 16 - "FREEDOM"

- Scripture - ACTS 16
- Observation - God brings salvation in unexpected ways to people like Lydia and the jailer.

### January 21 - Day 17 - "REASON"

- Scripture - ACTS 17
- Observation - Paul shares Jesus in ways that connect to each audience's worldview.

### January 22 - Day 18 - "ENCOURAGED"

- Scripture - ACTS 18
- Observation - God strengthens Paul through encouraging friendships and His reassuring presence.

### January 23 - Day 19 - "POWERFUL"

- Scripture - ACTS 19
- Observation - The gospel confronts spiritual darkness and transforms lives in Ephesus.

### January 24 - Day 20 - "DEVOTED"

- Scripture - ACTS 20
- Observation - Paul models servant leadership marked by humility, sacrifice, and love.

### January 25 - Day 21 - "OBEDIENT"

- Scripture - ACTS 21
- Observation - Paul remains obedient to God's calling even when suffering is ahead.

(Complete "Application" and "Prayer" sections of your S.O.A.P. in a separate journal)

## WEEK 4: 1/26 - 2/1

### January 26 - Day 22 - "TESTIFY"

- Scripture - ACTS 22
- Observation - Paul boldly shares his testimony, showing how Jesus changes a life completely.

### January 27 - Day 23 - "PROTECTED"

- Scripture - ACTS 23
- Observation - Jesus stands near Paul and encourages him during a dangerous moment.

### January 28 - Day 24 - "STEADFAST"

- Scripture - ACTS 24
- Observation - Paul remains patient and faithful during a long season of waiting.

### January 29 - Day 25 - "COURAGE"

- Scripture - ACTS 25
- Observation - Paul wisely navigates unfair accusations and appeals to Caesar.

### January 30 - Day 26 - "PERSUADE"

- Scripture - ACTS 26
- Observation - Paul boldly presents the gospel before King Agrippa.

### January 31 - Day 27 - "TRUST"

- Scripture - ACTS 27
- Observation - Paul trusts God's promise during a violent storm and encourages others to have hope.

### FEBRUARY 1 - Day 28 - "UNHINDERED"

- Scripture - ACTS 28
- Observation - Nothing can stop the gospel—Paul preaches with boldness and without hindrance.