

## DECEMBER

31 Ephesians 2

## JANUARY

1 Psalm 23

2 Philippians 4

3 2 Thessalonians 3

4 1 Peter 1

5 1 Peter 2

6 Matthew 17 (*21 Days of Prayer & Fasting*)

7 Psalm 37 (*Direction & Clarity*)

8 Psalm 128 (*Children*)

9 Ephesians 4 (*Mentors*)

10 Matthew 16 (*Personal Ministry*)

11 1 Corinthians 12 (*Body of Christ*)

12 Psalm 84 (*Favor*)

13 1 Chronicles 4

14 1 Peter 4 (*Revealing Gifts*)

15 2 Corinthians 6 (*Salvation & Souls*)

16 Hebrews 13 (*Pastors*)

17 Ephesians 5 (*Marriage*)

18 Psalm 34 (*Binding Fear*)

19 Malachi 4 (*Health & Healing*)

20 Matthew 13

21 Proverbs 18 (*Protection*)

22 Habakkuk 3 (*Revival*)

23 Matthew 4 (*Harvest*)

24 John 8 (*Breaking Addictions*)

25 Romans 5 (*Holy Spirit*)

26 Luke 11 (*Prayer*)

27 Hebrews 5

# DEC JAN 2019

21 Days of Prayer + Fasting begins

Daily videos <http://connectchurchtn.com/21daysofprayer>

Why does Connect believe in

# SOAP?

At Connect Church, our desire is that every believer would not just attend church, but also hear from God daily through His Word! We believe that doing daily devotions re-patterns the way we think, transforms our heart, and helps us become more like Jesus!

You may notice that the passages are not organized by any particular order. This is because the passages are following along with the topics that we will be learning together during our weekend series.

## 3 HELPFUL TOOLS

1. Bible
2. Pen
3. Journal

## HOW TO SOAP

### Scripture

Write down in your journal a verse or two that stands out to you.

### Observation

Write down observations about the scripture you just read. What do you think God is saying through this scripture?

### Application

Personalize what you have read by asking yourself how it applies to your life right now.

### Prayer

Write down a personal message from you to God based on what you just learned, and ask Him to help you apply this truth in your life.



CONNECTCHURCH

WILSON CENTRAL HIGH  
CONNECTCHURCHTN.COM

# SOAP GUIDE

JANUARY 2019

Prayer + Fasting Special Edition

Prayer connects us to God.  
Fasting disconnects us from the world.

# FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

## TIMING OF A FAST

At Connect, we encourage fasting for 21 days each year in the month of January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

### SCRIPTURE REFERENCES

**MATTHEW 6:16-18**  
**MATTHEW 9:14-15**  
**LUKE 18:9-14**  
**ACTS 27:33-37**  
**NEHEMIAH 9:1-3**

## WHAT TO EXPECT DURING THE FAST

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.

### When you fast:

Expect to get to know God better

- ▼ Fasting is waiting.  
*Lamentations 3:25-27*
- ▼ Fasting is drawing near.  
*Jeremiah 29:11-13*

As you demonstrate sincerity to God, you can expect:

- ▼ Expect strength in your inner character.
- ▼ Find power to leave sinful habits.  
*2 Corinthians 7:1*
- ▼ Find power to stay focused in prayer.
- ▼ Find yourself desiring God's presence.
- ▼ Expect the hand of God to move to answer unselfish prayers.
- ▼ Expect resistance from the devil.
- ▼ Expect your prayers to go to a higher level.

## HOW TO SUCCEED IN FASTING:

- ▼ Fast with friends.  
*Matthew 18:19*
- ▼ Fast with a purpose (not casually).
- ▼ Set a start date and end date.

- ▼ Determine you will follow through on the fast.
- ▼ Fast unselfishly.  
*Isaiah 58:1-11*
- ▼ Spend time with God.
- ▼ Fasting does not work if you do not pray.

## TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

### ▼ COMPLETE FAST

*In this type of fast, you drink only liquids, typically water with light juices as an option.*

### ▼ SELECTIVE FAST

*This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.*

### ▼ PARTIAL FAST

*This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.*

### ▼ SOUL FAST

*This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.*