



2019 KINGWOOD CHURCH DEVOTIONAL

A LETTER FROM PASTOR JAY

We are on a wonderful journey of spiritual renewal at Kingwood Church. During renewal God invites us to know Him in fresh ways, to experience His love and power, and to return to the eternal purposes of God. It has been so moving to see how young people are responding to this work of renewal. High schoolers, middle schoolers, Master's Commission students, and 20 Somethings have been on the front lines fueled by the prayers and wisdom of many Seniors, Empty Nesters, and 40 Somethings. This is truly a cross generational work of the Holy Spirit.

The beginning of a new year gives us a great opportunity to accept God's invitation, to live in renewal, and to live for eternity. Prayer, worship, personal devotions and SOAK are driving this renewal into our hearts. The purpose of this devotional is to help you answer God's invitation to you. A daily portion of Scripture has been chosen to help guide our prayer times using the S.O.A.P. method (pg 4). The first SOAK of 2019 will be on January 20th and our Freedom prayer service will be on the 27th.

Will you join us for 21 days of focused prayer? Will you make more room for seeking God by fasting something that is important to you? Will you allow God to fill your life with His presence and purposes? Will you LET GO of the things holding you back from being everything God wants you to be?

Even as I am writing this, my heart is full of joy and anticipation for the things God will do in us in 2019. Start the year off right, put God first, and seek Him with all your heart.

Renewal is here,

PASTOR JAY

CONTENTS

- 1 PRAYER PREPARATION 2019
 - 2 HOW TO DO A FAST
 - 3 TECH HABITS WHILE FASTING
 - 4 WHAT IS SOAP
 - 5 SOAP EXAMPLE
-

Week 1

- 6 DAY ONE
 - 7 DAY TWO
 - 8 DAY THREE
 - 9 DAY FOUR
 - 10 DAY FIVE
 - 11 DAY SIX
 - 12 DAY SEVEN
-

Week 2

- 13 DAY EIGHT
 - 14 DAY NINE
 - 15 DAY TEN
 - 16 DAY ELEVEN
 - 17 DAY TWELVE
 - 18 DAY THIRTEEN
 - 19 DAY FOURTEEN
-

Week 3

- 20 DAY FIFTEEN
- 21 DAY SIXTEEN
- 22 DAY SEVENTEEN
- 23 DAY EIGHTEEN
- 24 DAY NINETEEN
- 25 DAY TWENTY
- 26 DAY TWENTY-ONE
- 27 FAST FOR KIDS & TEENS

PRAYER AND SERVICE SCHEDULE

January 7-	21 Days of Prayer and Fasting begin
January 20-	SOAK at 5:30PM
January 27-	Freedom Night at 5:30PM
January 27-	21 Days of Prayer and Fasting ends

PREPARING FOR PRAYER AND FASTING

Below are a few questions to help you prepare for this season 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 SOAP reading?

TEN BIBLICAL PURPOSES TO FAST

- **To Strengthen Prayer-** Ezra 8.23, Nehemiah 1.4, Daniel 9.3, Joel 2.12
- **To Seek God's Guidance-** Judges 20.26-28, Acts 14.23
- **To Express Grief-** Judges 20.26, 1 Samuel 31.13, 1 Peter 3.18, 1 John 1.9
- **To Seek Deliverance or Protection-** 2 Chronicles 20.3-4, Ezra 8.21-23, Esther 4.16, Psalm 109.24
- **To Express Repentance & Return to God-** 1 Samuel 7.6, Joel 2.12, Jonah 3.5-8
- **To Humble Oneself Before God-** 1 Kings 21.27-29, Psalm 35.13
- **To Express Concern for the Work of God-** Nehemiah 1.3-4, Daniel 9.3
- **To Minister to the Needs of Others-** Isaiah 58.6-7
- **To Overcome Temptation & Dedicate Yourself to God-** Matthew 4.1-11
- **To Express Love & Worship to God-** Luke 2.37, Philippians 3.19

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, I would 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.

Examples:

- Give up T.V., internet, and movies
- Eat only fruits, vegetables, and liquids
- Only consume liquids (juices, vitamin drinks, etc.)
- Give up some category of foods

-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, 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. I find 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.

-SHARE

Share your journey with others who are fasting. Stay current on your devotional reading. Join us for our January SOAK and end the fast with our Freedom service. There is great power in unity and common experiences. As you share your journey, the process will solidify and become more real to you. As you share the things God is doing in you, it will anchor them more deeply in your spirit.

-WHEN THE FAST IS OVER

Reflect on the things God did and said to you during the fast. Thank God for His answers, worship and praise Him for a powerful fast. Resolve to do God's will. Plan some ways these things can be part of your life when the fast is over.

-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.

TECH HABITS WHILE FASTING

Technology has more influence on us than we realize. These habits will help you to focus throughout the 21 Days of Prayer and Fasting.

Daily Habit 1- Scripture Before Phone

Daily Habit 2- Turn off your phone for one hour every day for mid-day or evening prayer by yourself or with family.

Daily Habit 3- Just before bed, reflect on your commitment to habits for the day.

Weekly Habit 1- One Hour of Face-to-Face Conversation with a friend without access to a screen.

Weekly Habit 2- All Media at four hours per week or less

Weekly Habit 3- Attend church service with your phone turned off.

WHAT IS SOAP

SOAP 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. Below is an outline explaining how it works.

Consider playing the selected worship music for the month in the background while you pray. It can be found in the Kingwood Church app under the "Sermons and Worship" tab. The Kingwood Church app is found in both Android and iOS app stores.

SCRIPTURE

Read the portion of Scripture assigned for today. Ask the Holy Spirit to use one of these verses to speak to you. One of these verses will grab your attention or shine out from the page. Copy that verse on a piece of paper or a smart device.

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? To whom was it written? 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? Write down what you observe.

APPLICATION

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

PRAYER

Ask God to help you live out His word, 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.

SOAP EXAMPLE

Psalm 23:1-2

SCRIPTURE

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

DAY ONE

ACTS 13:1-12

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY TWO

ACTS 13:13-35

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY THREE

ACTS 13:36-52

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY FOUR

ACTS 14

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY FIVE

ACTS 15:1-21

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY SIX

ACTS 15:22-41

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY SEVEN

ACTS 16

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Review and implement the tech habits on page 3

DAY EIGHT

ACTS 17

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK this Sunday, January 20

DAY NINE

ACTS 18

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK this Sunday, January 20

DAY TEN

ACTS 19

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK this Sunday, January 20

DAY ELEVEN

ACTS 20:1-12

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK this Sunday, January 20

DAY TWELVE

ACTS 20:13-38

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK this Sunday, January 20

DAY THIRTEEN

ACTS 21

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK tomorrow night at 5:30pm

DAY FOURTEEN

ACTS 22

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend SOAK Tonight at 5:30pm!

DAY FIFTEEN

ACTS 23

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night this Sunday, January 27

DAY SIXTEEN

ACTS 24

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night this Sunday, January 27

DAY SEVENTEEN

ACTS 25

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night this Sunday, January 27

DAY EIGHTEEN

ACTS 26

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night this Sunday, January 27

DAY NINETEEN

ACTS 27:1-38

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night this Sunday, January 27

DAY TWENTY

ACTS 27:39 - 28:10

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night tomorrow night at 5:30pm

DAY TWENTY ONE

ACTS 28:11-31

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

Weekly Reminder: Attend Freedom Night tonight at 5:30pm

FAST FOR KIDS & TEENS

Day 1 Fast TV, Movies, DVDs & Videos	Day 2 Fast TV, Movies, DVDs & Videos	Day 3 Fast Sugars, Dessert & Candy	Day 4 Fast comput- er (ex- cept for school) & Video Games	Day 5 Fast comput- er (ex- cept for school) & Video Games	Day 6 Fast TV, Movies, DVDs & Videos	Day 7 Fast Sugars, Dessert & Candy
Day 8 Fast TV, Movies, DVDs & Videos	Day 9 Fast TV, Movies, DVDs & Videos	Day 10 Fast Sugars, Dessert & Candy	Day 11 Fast comput- er (ex- cept for school) & Video Games	Day 12 Fast comput- er (ex- cept for school) & Video Games	Day 13 Fast Sugars, Dessert & Candy	Day 14 Fast Sugars, Dessert & Candy
Day 15 Fast Cell Phone	Day 16 Fast Cell Phone	Day 17 Fast Cell Phone	Day 18 Fast Sugars, Des- serts, Candy, TV, Movies, DVDs, Com- puters (except for school) & Video Games	Day 19 Fast Sugars, Des- serts, Candy, TV, Movies, DVDs, Com- puters (except for school) & Video Games	Day 20 Fast Sugars, Des- serts, Candy, TV, Movies, DVDs, Com- puters (except for school) & Video Games	Day 21 Fast Sugars, Des- serts, Candy, TV, Movies, DVDs, Com- puters (except for school) & Video Games

