

TEACH US TO

# PRAY



2020 KINGWOOD CHURCH DEVOTIONAL

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# A LETTER FROM PASTOR JAY

The beginning of a new year gives us the opportunity to meet God in a fresh way. Prayer, fasting, worship, SOAK, and devotions help us align our hearts with God's presence and purposes. This devotional was written to help you engage in this season of seeking God. A daily portion of Scripture has been chosen to help guide our prayer times using the S.O.A.P. method (pg 4-5). The first SOAK of 2020 will be on January 19th, and our Freedom service will be on the 26th. This year's Freedom Service will have a different emphasis, so please join us for this powerful time as we close our 21 Days together in prayer.

I am so excited that you are joining us for 21 Days of focused prayer! This season will prepare you for everything God wants to do this year. Also, this prayer time will prepare us for the future of Kingwood Church. God has given us a powerful vision for the future, and in February, we will be sharing that vision with you.

Join us on Tuesdays from 7:00 - 7:30 pm on our Facebook Community Group for a live conversation about prayer, fasting, and devotions. We will also be taking your questions and prayer requests. I am looking forward to sharing this season with you!

Praying with you,

PASTOR JAY

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# PRAYER AND SERVICE SCHEDULE

January 6 -	21 Days of Prayer and Fasting begin
Tuesdays -	Facebook Live Weekly Prayer Time: 7pm - 7:30pm
January 19 -	SOAK at 5:30pm
January 26 -	Freedom Night at 5:30pm
January 26 -	21 Days of Prayer and Fasting ends

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## PREPARING FOR PRAYER AND FASTING

*Below are a few questions to help you prepare for this time of prayer & 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?
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## 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

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# 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.

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# 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.

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# 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 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.

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# 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

## MATTHEW 6:9-13

“The more we pray, the more we think to pray, and as we see the results of prayer-the responses of our Father to our requests-our confidence in God’s power spills over into other areas of our life.”

~ Dallas Willard

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Review and implement the tech habits on page 3

## DAY TWO

## PHILIPPIANS 1:9-11

“The primary purpose of prayer is to bring us into such a life of communion with the Father that, by the power of the Spirit, we are increasingly conformed to the image of the Son.”

~ Richard Foster

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY THREE

## PSALM 51:1-9

“The goal of prayer is to live all of my life and speak all of my words in the joyful awareness of the presence of God. Prayer becomes real when we grasp the reality and goodness of God’s constant presence with ‘the real me.’ Jesus lived His everyday life in conscious awareness of His Father.”

~ John Ortberg

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY FOUR

## PSALM 51:10-19

“Jesus’s resurrection is the beginning of God’s new project not to snatch people away from earth to heaven but to colonize earth with the life of heaven. That, after all, is what the Lord’s Prayer is about.”  
~ NT Wright

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY FIVE

## EPHESIANS 3:14-21

“To pray is to accept that we are, and always will be, wholly dependent on God for everything.” “Prayer is awe, intimacy, struggle—yet the way to reality. There is nothing more important, or harder, or richer, or more life-altering. There is absolutely nothing so great as prayer.”

~ Tim Keller

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY SIX

## JOHN 11:38-44

“Praying most often doesn’t get us what we want  
but what God wants, something quite at variance with  
what we conceive to be in our best interests.”

~ Eugene Peterson

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Join us for our Kingwood Worship Service tomorrow at 9am and 10:30am

## DAY SEVEN

## NUMBERS 6:22-27

“Most of my struggles in the Christian life circle around the same two themes: why God doesn’t act the way we want God to, and why I don’t act the way God wants me to.

Prayer is the precise point where those themes converge.”

~ Philip Yancey

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Join us for our Kingwood Worship Service today at 9am and 10:30am

## DAY EIGHT

## PSALM 25:1-7

“Prayer is first and foremost an act of love.”  
~ Brennan Manning

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

\*\* Review and implement the tech habits on page 3



## DAY NINE

## 1 CHRONICLES 4:9-10

”Our prayers may be awkward. Our attempts may be feeble.

But since the power of prayer is in the one who hears it  
and not in the one who says it, our prayers do make a difference.”

~ Max Lucado

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY TEN

## JONAH 2:2-9

“To be a Christian without prayer is no more possible  
than to be alive without breathing.”

~ Martin Luther

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY ELEVEN

## 1 SAMUEL 2:1-10

“Prayer is not monologue, but dialogue; God’s voice is its most essential part. Listening to God’s voice is the secret of the assurance that He will listen to mine.”

~ Andrew Murray

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Attend SOAK this Sunday, January 19

## DAY TWELVE

## MATTHEW 26:39

“Prayer does not fit us for the greater work;  
prayer is the greater work.”  
~ Oswald Chambers

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Attend SOAK this Sunday, January 19

## DAY THIRTEEN

## MARK 16:6-7

“Over the course of years, most of the families in a pastor’s congregation encounter illness or confinement or death of one kind or another. I no longer consider my visits at these times as the duties of pastoral care but as occasions for original research on the stories being shaped in their lives by the living Christ.

There is a text for this work in St. Mark’s Gospel: “He has risen, ... he is going before you to Galilee; there you will see him, as he told you” (Mark 16:6-7). In every visit, every meeting I attend, every appointment I keep,

I have been anticipated. The risen Christ got there ahead of me. The risen Christ is in that room already. What is he doing? What is he saying?

What is going on? When I arrive and enter the room I am not so much wondering what I am going to do or say that will be pastoral as I am alert and observant for what the risen Christ has been doing or saying that is making a gospel story out of this life.”

~ Eugene Peterson

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

## DAY FOURTEEN

## ACTS 22

“There are parts of our calling, works of the Holy Spirit,  
and defeats of the darkness that will come no other way than through  
furious, fervent, faith-filled, unceasing prayer.”

~ Beth Moore

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Sign up for a LifeGroup at [KingwoodChurch.com](http://KingwoodChurch.com)  
Also, join us for SOAK Tonight at 5:30pm!

## DAY FIFTEEN

## ACTS 23

“The Christian life is not a constant high. I have my moments of deep discouragement. I have to go to God in prayer with tears in my eyes, and say, ‘O God, forgive me,’ or ‘Help me.’”

~ Billy Graham

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Review and implement the tech habits on page 3

## DAY SIXTEEN

## ACTS 24

“The reality is, my prayers don’t change God. But, I am convinced prayer changes me. Praying boldly boots me out of that stale place of religious habit into authentic connection with God Himself.”

~ Lysa TerKeurst

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Join us tonight at 7pm for the Facebook Live Prayer Time in Kingwood Community



## DAY SEVENTEEN

## ACTS 25

“God shapes the world by prayer. The more praying there is in the world the better the world will be, the mightier the forces against evil.”

~ Mother Teresa

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Join a friend or your family in prayer today for Kingwood Church

## DAY EIGHTEEN

## ACTS 26

“To desire revival... and at the same time to neglect personal prayer and devotion is to wish one way and walk another.”

~ A.W. Tozer

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Attend Freedom Night this Sunday, January 26

## DAY NINETEEN

## ACTS 27:1-38

“It is necessary to rouse the heart to pray, otherwise it will become quite dry. The attributes of prayer must be: love of God, sincerity, and simplicity.”

~John of Kronstadt

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Attend Freedom Night this Sunday, January 26

## DAY TWENTY

## ACTS 27:39 - 28:10

“Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.”

~ Richard Rohr

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Attend Freedom Night tomorrow night at 5:30pm

## DAY TWENTY ONE

## ACTS 28:11-31

“Converting our unceasing thinking into unceasing prayer moves us from a self-centered monologue to a God-centered dialogue.”

~ Henri Nouwen

### SCRIPTURE

### OBSERVATION

### APPLICATION

### PRAYER

\*\* Sign up for a Ministry Team at [KingwoodChurch.com](http://KingwoodChurch.com).  
Also, join us at Freedom Service tonight at 5:30pm

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## SUGGESTED FAST FOR KIDS & TEENS

<b>Day 1</b> Fast TV, Movies, DVDs & Videos	<b>Day 2</b> Fast TV, Movies, DVDs & Videos	<b>Day 3</b> Fast Sugars, Dessert & Candy	<b>Day 4</b> Fast Sugars, Dessert & Candy	<b>Day 5</b> Fast Sugars, Dessert & Candy	<b>Day 6</b> Fast TV, Movies, DVDs & Videos	<b>Day 7</b> Fast Sugars, Dessert & Candy
<b>Day 8</b> Fast TV, Movies, DVDs & Videos	<b>Day 9</b> Fast TV, Movies, DVDs & Videos	<b>Day 10</b> Fast Sugars, Dessert & Candy	<b>Day 11</b> Fast Sugars, Dessert & Candy	<b>Day 12</b> Fast Sugars, Dessert & Candy	<b>Day 13</b> Fast Sugars, Dessert & Candy	<b>Day 14</b> Fast Sugars, Dessert & Candy
<b>Day 15</b> Fast Cell Phone	<b>Day 16</b> Fast Cell Phone	<b>Day 17</b> Fast Cell Phone	<b>Day 18</b> Fast Sugars, Dessert & Candy	<b>Day 19</b> Fast Sugars, Dessert & Candy	<b>Day 20</b> Fast Sugars, Dessert & Candy	<b>Day 21</b> Fast Sugars, Dessert & Candy

