

BOOK *of* PSALMS

21 *days of*
PRAYER *and*
FASTING

The LORD IS MY SHEPHERD





God is our Shepherd in the
valleys, our Rock in the
storms, our Refuge in times of
trouble, our Fortress, our
Deliverer, our Strength and
our Salvation.

He is our everlasting Hope!



BOOK *of* PSALMS



WE'RE EXCITED *to* GROW CLOSER TO GOD!

During our **21 days of PRAYER & FASTING**, we'll journey through the Book of Psalms together. Each day includes a Psalm to help you draw near to God.

We've also included an optional additional reading each day. If you choose to complete both readings, you'll read through all 150 Psalms during the 21 days.

We believe these **21 days** will be life-changing as we seek God together. The Psalms teach us to trust God, worship Him and bring every joy, fear, and struggle into His presence.

We're expectant to see what He will do in your life and in the life of our church!

(For more on fasting, see page 28?.)

The **LORD IS MY SHEPHERD**

Be still, and know that

**I AM
GOD**

Psalm
46:10

We trust that as you read and reflect on a chapter each day from the **BOOK of PSALMS**, you will discover new truths and experience God revealing Himself to you in fresh and powerful ways. Our prayer is that through the Psalms, He will reveal more of Who He is to you personally. As you dig deep into His Word, may you truly hear His voice and receive fresh revelation through the Scriptures.

We will be using the SOAP method to help guide your reflections!

WHAT DOES SOAP MEAN?

S – STANDS *for* SCRIPTURE - Take time each day to read the verses of the day and allow God to speak to you. Look for the verse or verses that stand out to you that day and write it out.

O – STANDS *for* OBSERVATION - What do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you? What do you think God is saying to you in this specific scripture? Ask the Holy Spirit to speak to you.

A – STANDS *for* APPLICATION - This is when God's Word becomes personal. Ask yourself how the scripture can apply to your life right now & write it down. It can be an instruction, encouragement, correction for an area of your life, or a promise. What is God saying to you? What changes do you need to make? Is there an action that you need to take?

P – STANDS *for* PRAYER - Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it! Ask God for greater insight on what He may be revealing to you. If God has revealed some sin in your life, confess it to Him. Don't forget that prayer is a two-way conversation. We speak to God and God speaks to us!

Studying God's Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

The **LORD IS MY SHEPHERD**

Additional Reading: Psalm 24-26

SCRIPTURE

OBSERVATION

APPLICATION

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Additional Reading: Psalm 121-126, 128-132

SCRIPTURE

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Additional Reading: Psalm 140-144

SCRIPTURE

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Additional Reading: Psalm 147-149

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

[illegible]

[illegible]

Notes

[illegible]

FASTING

The goal of fasting is to draw closer to God. Whenever you feel hungry or whenever you desire to have the specific thing you are fasting, speak to God and tune in to hear from Him!

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. Fasting requires reasonable precautions. It might be necessary to consult your doctor first, especially if you take prescription medication, or have any chronic illnesses. Some people should never fast without professional supervision. Please also visit our website and read an article called; 'Steps to Successful Prayer and Fasting' before you start your fast.

Below are some types of fasts:

SELECTIVE FAST

This type of fast involves removing certain elements from your diet, like caffeine or sugar.

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 6am to 3pm, or from sunrise to sunset.

COMPLETE FAST

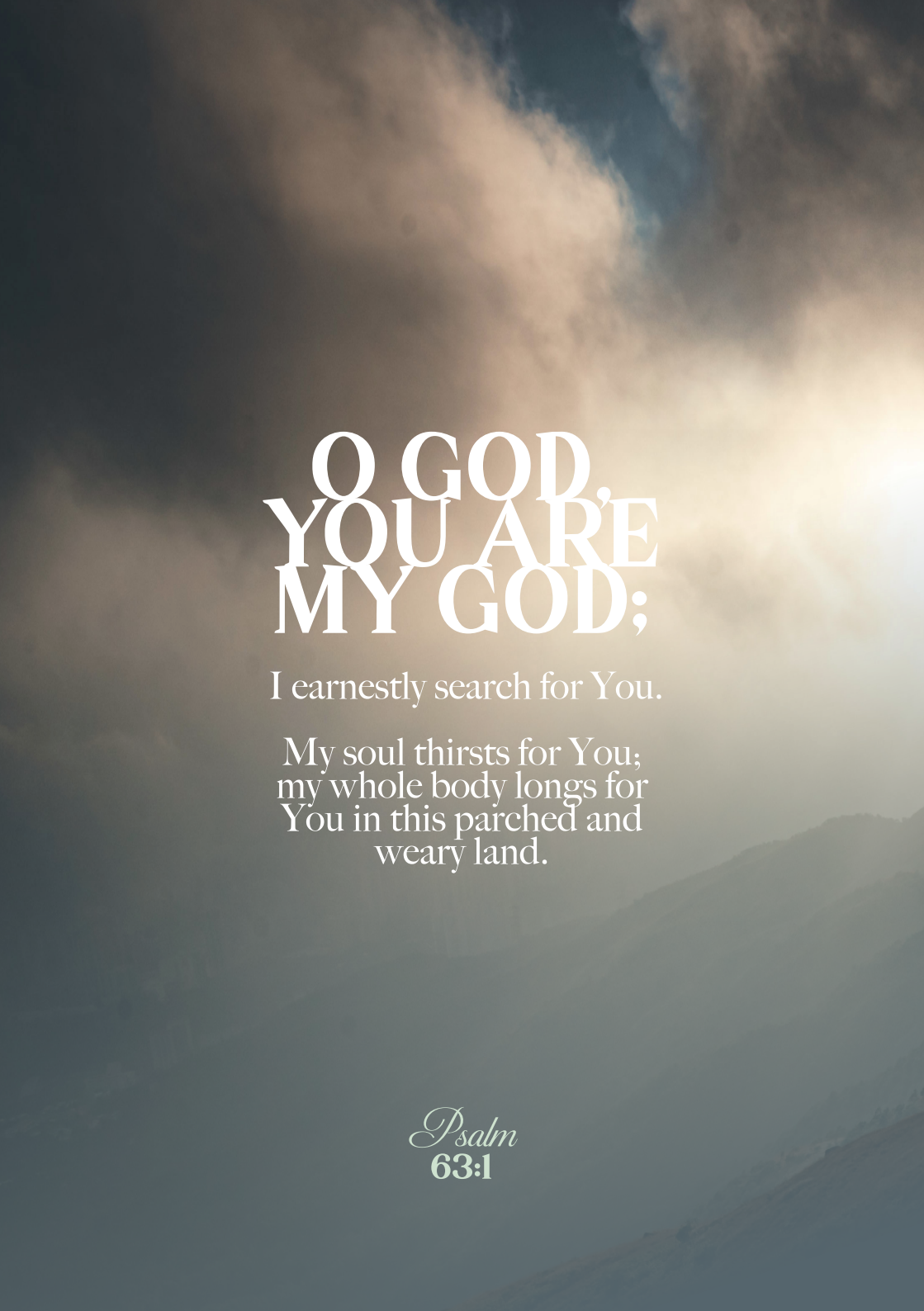
In this type of fast you drink only liquids; typically water with light juices as an option.

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 fast the internet for certain times during each day, or not watch television for the duration of the fast.

SCRIPTURE REFERENCES

Matthew 6:16-18 | Matthew 9:14-15 | Luke 18:9-14
Acts 27:33-37 | Nehemiah 9:1-3



O GOD, YOU ARE MY GOD;

I earnestly search for You.

My soul thirsts for You;
my whole body longs for
You in this parched and
weary land.

Psalms
63:1

3 tips to make the most out of
FASTING

1.
**FASTING ISN'T A DIET, IT'S A
DISCIPLINE.**

Fasting is giving up what satisfies you physically to grab hold of what sustains you eternally.

2.
IF YOU MESS UP, DON'T GIVE UP!
All of us make mistakes or accidentally eat that leftover pizza out of habit. If you break the fast in a moment, just jump right back in!

3.
DON'T DO IT ALONE!
Commitments last longer in a community! Ask a friend, family member, your Small Group, or a volunteer who serves on our Dream Team with you to jump in and fast with you!

