

YOUR KINGDOM COME. YOUR WILL BE DONE ON
EARTH AS IT IS IN HEAVEN.

21 DAYS OF
PRAYER
AND *Fasting*

WELLSPRING
COMMUNITY CHURCH

IN SOUTHSORE AS IT IS IN HEAVEN

21 DAYS OF PRAYER + FASTING

HAPPY NEW YEAR *Wellspring Family*

There is no greater way to begin a New Year than with a time of praying and fasting! Fasting and praying is an **INTEGRAL** spiritual discipline that is meant to help us, as believers, take our focus off of something for a period of time and focus our time, attention, and hearts fully on Jesus.

For the next 21 days we are going to intentionally create space to spend time with God. We encourage you to join us for Revival Nights at Wellspring Community Church and follow along with this Journal to help you stay rooted in God's word and presence as you fast.

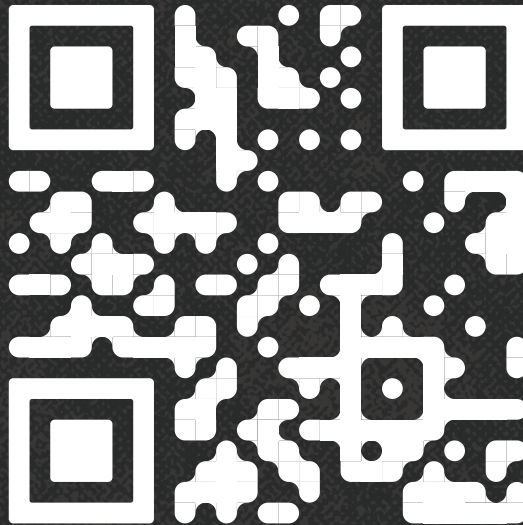
We can't wait to see how God will work in your life during this season. We believe families will be made stronger, relationships will be fortified, dreams will be renewed, vision will be clarified and so much more.

Let's press in, Church!

Pastor Joey and April Adkins

**LEARN MORE ABOUT HOW TO FAST AND
SEEK GOD DURING THESE 21 DAYS**

[WELLSPRINGFL.COM/FAST](https://wellspringfl.com/fast)





WHAT IS SOAP?

As you read the Bible each day during our 21 days of fasting and prayer, use the S.O.A.P method to help you understand what God is speaking to you as you read.

Scripture

Write down the verse that stuck out to you from that day's reading.

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

Follow our prayer prompts and spend time talking to God and listening.

COMPLETE SOAP IN THIS BOOK ON ALL 21 DAYS OF PRAYER AND FASTING.

HOW PRAYER *Connects us* TO GOD

There are some breakthroughs in our life that can only come through the combination of fasting AND prayer together (Matthew 17:21). As you fast, we encourage you to take time each day to spend it with God reading Scripture and praying. Pray as Jesus prayed! The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him.

USE THE MODEL JESUS GAVE US: "THE LORD'S PRAYER"

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. For yours is the kingdom and the power and the glory forever, Amen.

Matthew

6:9-13

NKJV

Connect with God relationally

"Our Father in Heaven"

Pray His will first

"May your Kingdom come soon. May your will be done on earth, as it is in Heaven"

Depend on Him for everything

"Give us today the food we need"

Keep your heart right with
God and people

"Forgive us our sins, as we forgive those who sin against us"

Have faith in God's ability

"For yours is the kingdom and the power and the glory forever"

Day 1

EPHESIANS 1:15-23

*Today, pray for God to reveal wisdom to you during these 21 days
so that you could know Him better.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 2

MATTHEW 11:25-30

*Today, tell God what is making you weary.
Surrender your cares to Him.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 3

1 PETER 5:6-11

*Today, pray and ask God about the anxieties you are carrying.
Listen and wait for His peace.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 4

2 CHRONICLES 7:14

Today, pray and ask God what you may need to repent of or how you can humble yourself before Him.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 5

JOHN 15:1-11

Today, ask Jesus to take from you a self-dependence where you rely on your own efforts, to a deeper dependence on Him.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 6

EPHESIANS 3:14-21

Today, pray about the hesitancies keeping you from believing that God is able to do the impossible in your life.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 7

PROVERBS 3:5-8

*Today, pray about what you are having a difficult time releasing control over.
Listen for God's encouragement.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 8

ROMANS 8:26-28

Today, ask God to strengthen your trust in Him by shifting your perspective from your understanding of “good” to God’s definition.

Journal what you observed in today’s reading and how you can apply it to your life using the SOAP method.

Day 9

ISAIAH 41:8-10

Today, thank God for being with you and talk about your fears with Him.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 10

PHILIPPIANS 4:4-7

Today, what situation do you need to present to God to experience His overwhelming, incomparable peace?

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 11

JOSHUA 1:8-9

Today, be strong and courageous by deciding to trust God. Pray.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 12

MATTHEW 16:24-27

Today, ask the Holy Spirit to show you those dark areas you need to deny so that you can grow closer to Christ.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 13

MATTHEW 6:25-34

Today, pray that you may find peace in the surrender so that you can say yes to something better.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 14

JAMES 4:6-10

*Today, pray about what God is calling you to that may be uncomfortable.
How can you take a step toward that?*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 15

HEBREWS 10:19-25

*Today, pray and thank God for how He has
been faithful in your life recently.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 16

ROMANS 12:1-8

Today, pray and ask God to reveal to you an area of your life that is not currently honoring Him.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 17

1 THESS 5:12-22

*Today, what is an area of your life in which you find difficulty praising God?
Praise Him for His loving kindness in your life.*

*Journal what you observed in today's reading and how you
can apply it to your life using the SOAP method.*

Day 18

HEBREWS 12:28-29

Today, take time to thank God for who He is. In awe, come before Him with reverence and put Him in His rightful place within your heart.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 19

PHILIPPIANS 4:11-13

Today, talk to God about how you can practice being more content in your current circumstance.

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 20

JAMES 1:2-6

Today, how can you deny yourself control to make way for His perfect peace?

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

Day 21

2 CORINTHIANS 4:16-18

Today ask God to shift your perspective. We fast not for selfish gain but to strengthen our relationship with Jesus. Who are your eyes fixed on as you finish this fast?

Journal what you observed in today's reading and how you can apply it to your life using the SOAP method.

**JOIN US FOR
MORE ENCOURAGEMENT AT
WELLSPRINGFL.COM**

