

**Prayer & fasting**

Journal 2022

August 28 – September 10

**Dear Journey Church,**

At Journey, we believe in the power of prayer. Anything good we have experienced as a church has come from a heart that seeks God through prayer. From evangelism to worship to discipleship, prayer is at the centre of all we do. We do not pray because we think God needs us but because God has tied himself to us in his love for us. Prayer is essential to finding the heart of God.

The best way to hear the Lord is through reading His word. We will join the Bible Project’s “The Good Life” prayer devotional as we spend our time praying. This fourteen-day plan will guide you through two complementary perspectives on how to experience the good life.  **Proverbs**invite readers to fear God and follow wisdom.  **Ecclesiastes** challenges the reader to think more deeply about God’s goodness in light of death and the unpredictable nature of life.

Join us online daily as we share scripture, pray and walk through the Bible Project devotional. It is a great way to begin your day, spend your lunch break, or end with the Word of God.

Let's prepare for what God is doing and participate in His plan together!

Dave & Jess Di Sabatino

Lead Pastors

**Table of Contents:**

The Bible Project | The Good Life

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| --- | --- | --- | --- |
| Day | Date | Scripture | Prayer Theme |
| 1 | Aug 28 | Proverbs 1,2,3 | Praise God for Who He is |
| 2 | Aug 29 | Proverbs 4,5,6 | Thank God for What He Has Done |
| 3 | Aug 30 | Proverbs 7,8,9 | Pray that you Remember God’s Love and Grace for You |
| 4 | Aug 31 | Proverbs 10,11,12 | Pray for your Neighbours/Community |
| 5 | Sep 1 | Proverbs 13,14,15 | Talk to God About Someone in Need |
| 6 | Sep 2 | Proverbs 16,17,18 | Pray for Salvations |
| 7 | Sep 3 | Proverbs 19,20,21 | Pray that you would Love Your Enemies |
| 8 | Sep 4 | Proverbs 22,23,24 | Pray for your Church |
| 9 | Sep 5 | Proverbs 25,26,27 | Pray for your City & Nation |
| 10 | Sep 6 | Proverbs 28,29,30,31 | Pray for Kindness |
| 11 | Sep 7 | Ecclesiastes 1,2,3 | Pray for Humility |
| 12 | Sep 8 | Ecclesiastes 4,5,6 | Pray for Obedience |
| 13 | Sep 9 | Ecclesiastes 7,8,9 | Pray for your Mental Health |
| 14 | Sep 10 | Ecclesiastes 10,11,12 | Pray for Hope & Courage |

**Use the S.O.A.P Journal to assist with scripture focus each day.**  (Scripture, Observation, Application, Prayer)

Only 4 steps towards spiritual health!

Step 1. Choose 1 **SCRIPTURE** verse from your daily readings.

Step 2. Make an **OBSERVATION**, and write it down.

Step 3. Make an **APPLICATION**, what is God’s Word saying to you personally?

Step 4. Write out your **PRAYER**, then “freestyle” what God is saying to you today.

**HOW TO S.O.A.P.**

You’ll need three items to S.O.A.P each day; a Bible, a pen, and your journal!

**S: SCRIPTURE**

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

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**O: OBSERVATION**

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

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**A: APPLICATION**

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

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**P: PRAYER**

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

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