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THIS JOURNAL BELONGS TO:

Full Name

If found, please return to

Many of the things we need to keep alive in our lives never come from rushing or being busy; they grow from rest, in the daily intentional pauses that reconnect, heal, and align us again.

It is those little pauses that have the power to give us the strength, courage, and faith to face our days.

That is the purpose of this devotional and the next 21 days: to take you to a daily time of rest and renewal where each page will be a discovery of God's word, a reminder of His purpose, His love, and the opportunity to invite the Holy Spirit to walk with you in every moment of your day.

Our wish is that in these next few days, you find a daily rhythm to pause, read, write, pray, and in doing so, give yourself the gift of living a life in the "plural" where you do not live alone. The Holy Spirit is in you, with you, and on you; so it is no longer "me" but "we" (The Holy Spirit and I) in everything you do, and in that walk, we have no doubt that you will affirm and clarify your convictions, which are the ones that will keep you standing and firm, no matter the stages or circumstances of life.

We want to also introduce the S.O.A.P method of Scripture, Observation, Application, and Prayer. Fasting is a powerful way to draw near to God, and as we engage in this spiritual discipline, we will also delve into the Word of God to deepen our understanding of His heart. Each day, you will encounter a Scripture passage, reflect on it using the SOAP method, and spend time in prayer.

Our prayer is that this is not just another devotional, but the beginning of a deep friendship with the Holy Spirit, a new beginning, a daily appointment awaited by you where each pause will lead you to move forward, grow, affirm your faith, and your convictions in Jesus so that together we continue to learn to live a life God's way and begin to abide in His presence and make your heart HIS home. For God to occupy every space of your heart.

Welcome to this Journey!

Community Team

ABIDE

In John 6, Jesus had just miraculously fed 12,000 hungry people after thanking the Father for the two loaves of bread and five small fish that the young man was willing to offer. Later on, the same people caught up to Jesus on the other side of the sea and casually asked if there was more food. Their eyes were so set on eating the bread and the fish that they missed the miracle before their own eyes. Jesus goes on to reveal to them that it is Him, the son of God, who is the bread of life. Believing in Jesus is the source of truly and fully living. Not temporary satisfaction of your flesh desires but real soul nurturing.

53 So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. **54** Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. **55** For my flesh is true food, and my blood is true drink. **56** Whoever feeds on my flesh and drinks my blood abides in me, and I in him. (John 6:53-56 ESV)

Jesus sets the needs of our flesh in perspective with our soul's need for true, abundant, and eternal living; and He gives us His vision for how to enter this life He desires us to have. Eat His flesh and drink His blood, after all, He is the bread of life. What? That is one raw

image but is the foretelling image of the sacrifice of love Jesus was getting ready to display. Eating and drinking are actions that nurture and sustain our bodies daily. The food and drink within us break into nutrients that fuel our bodies to live. Jesus in us is the essence of the real life God wants for us. God is seeking to enter unbroken fellowship with us. He in me and me in Him, continually.

The root word for the word “abide” in verse 56 is *menó* and it translates: not to depart, not to leave, to continue to be present, to maintain unbroken fellowship with one, adhere to his party, to be constantly present to help one, to last, to endure, and to stay longer than intended.

A word often used by God when we are being called to abide is the word “wait” which in the original is the word *qavah*. This word in the original is translated as a strand of rope, something knitted together, bound together, fibers closely interconnected like a spiderweb.

In the same way, the desire of our God is for me and Him to be closely interconnected, twisted together. True life happens when I decide to be knit together with the God who wants to lead me in the path of the life He envisioned for me. The life we are called to live happens when we pursue to live it with Jesus within as our everlasting source of life.

HOW TO S.O.A.P

You'll need three items each day:

1. Bible
2. Pen
3. Journal

What verse stood out to you?

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.

What is God saying to you?

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.

How can you apply it today?

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.

Ask God to help you use what you've learned.

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.

HOW TO PRAY

The ACTS Model

Tell God how much you appreciate him.

A - ADORATION

This is a great way to begin your prayer time. Tell God how much you appreciate him. Express your love for him. Praise his power and majesty. You should never run out of praise.

Tell God where you have fallen short

C - CONFESSION

Tell God where you have fallen short. Be specific. Thank him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

Express gratitude for what he is doing in your life.

T - THANKSGIVING

We have so much to be thankful for. Thank God for his love, his faithfulness, his patience. Express gratitude for what he's doing in your life.

Share your desires with God.

S - SUPPLICATION

Share your desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.

HOW TO FAST

HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage, or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

PREPARING SPIRITUALLY

Be honest with God. Let him know where you need help. Ask the Holy Spirit to reveal areas of weakness. Invite him to challenge and change you over the course of your fast. Watch as he expands your vision and strengthens your faith.

DECIDING WHAT TO FAST

Fasting is about giving something up for a time in order to seek God more deeply. It's not about losing weight, it's about gaining vision! The type of fast you choose is up to you. Whether you choose to follow biblical examples and give up food or apply the same principle to other areas of life like TV or social media, we believe that as you remove distractions you will hear from God more clearly.

DECIDING HOW LONG

Twice a year at Iglesia Community, we set aside 21 days to fast and pray together. You're invited to come on the journey! Feel free to adapt the period of time to what is healthy for you. Fasting is not an obligation, it's an opportunity to go deeper in our walk with God. Use wisdom and pray for guidance. If it's your first time fasting, decide what you can commit to and go for it!

WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

21 DAY DEVOTIONAL

WEEK 1
FROM SCATTER
TO GATHERED

WEEK 2
ABIDING

WEEK 3
KEEP THE TENSION

WEEK 1

FROM SCATTER TO GATHERED

MONDAY

His Greatest Desire

TUESDAY

From Scatter to Gathered

WEDNESDAY

Secure God's Friendship

THURSDAY

The Easy Yoke

FRIDAY

The Good Part

SATURDAY

A Fixed Heart

SUNDAY

Sunday Sermon

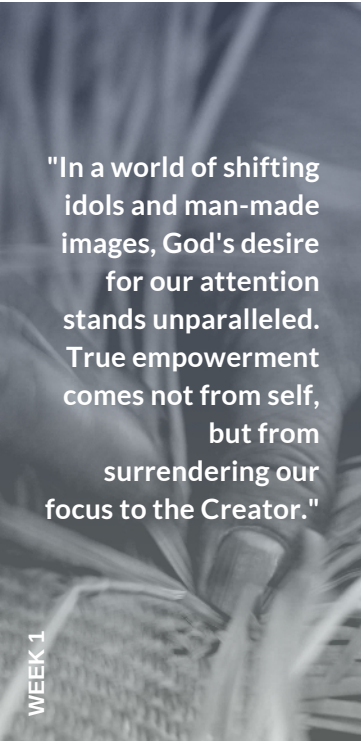
MONDAY

HIS GREATEST DESIRE

EZEKIEL 36:24-27 (NLT)

24 For I will gather you up from all the nations and bring you home again to your land.

25 "Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. 26 And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.^[b] 27 And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.



"In a world of shifting idols and man-made images, God's desire for our attention stands unparalleled. True empowerment comes not from self, but from surrendering our focus to the Creator."

WEEK 1

Life in this digital era that is after every bit of our attention feels very much like a never-stopping hamster wheel that leaves us feeling exhausted and barely take us anywhere with relevant value. The so called "new currency" of the business world (attention) advertises thriving careers, self-empowerment, instant gratification and an endless source of escapism from the hardships of the real life.

God's greatest desire is your attention. Idols constantly take His place in our life. Idols that simply put mean our man-made image for our life. Call it getting good at your career and making grandiose plans based on your own efforts and ideas. Call it moving to another state or country pursuing a brand new adventure or maybe just escaping the challenges of your current season. Call it tirelessly putting in the hours to get the bigger house, the newer car, the all-inclusive vacation, or the bathroom remodel you saw on Pinterest.

All really good things, all really good ideas, but whenever those ideas are your own and not God's, He calls them idols for that image is driving you away from Him. Ezekiel teaches us that God wants to "gather" us from the scatteredness of this world.

If you are reading this, I have no doubt that it is His greatest desire is to get your attention and for you to receive a moldable heart He can shape into what He envisioned your life to become. A responsive heart that will accept the loving Father's guidance for where He wants to lead you. Today, accept from Him this new chance to be close to your maker and get ready to truly discover real living from His heart.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

TUESDAY

FROM SCATTERED TO GATHER

EZEKIEL 28:25-26 (ESV)

25 "Thus says the Lord God: When I gather the house of Israel from the peoples among whom they are scattered, and manifest my holiness in them in the sight of the nations, then they shall dwell in their own land that I gave to my servant Jacob. 26 And they shall dwell securely in it, and they shall build houses and plant vineyards. They shall dwell securely, when I execute judgments upon all their neighbors who have treated them with contempt. Then they will know that I am the Lord their God."

"God's promise is not just a 'when,' but a journey of transformation. It is the divine pull that gathers our scattered selves and sets us apart for a purpose beyond our understanding."

WEEK 1

When and Then. Ezekiel formats God's promise for us between these brackets. God promised to return his people to their land since they were in exile. When we are far from Him, he promises to bring us back from all the different places our scattered minds, scattered emotions, and scattered visions have taken us. He desires to make it evident to everyone around us that He has set us apart to live as people called by Him with a divine purpose.

Then, we will truly understand security as God gives it and not as the world does. This world and all in it will fade away; it is vanity, nothing but a mist that is here now and suddenly gone (James 4:14).

When we realize that it is God who gathers and puts it all together and that it is Him who assigns our calling and purpose, we can depend on His security in our land, in the place where He calls us to be. We operate out of a place of dependence on the One who gives us sufficiency for the purpose He called us to live by. Building and planting happen efficiently when you set your eyes on the blueprints given by the architect of your life. Trust God's plan for you; He is calling you to the exact place He prepared for you to live."

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

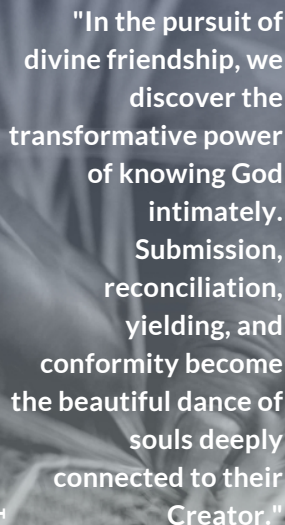
P - Prayer:

WEDNESDAY

SECURE GOD'S FRIENDSHIP

JOB 22:21-28 (NKJV)

21 "Now acquaint yourself with Him, and be at peace; thereby good will come to you. 22 Receive, please, instruction from His mouth, and lay up His words in your heart. 23 If you return to the Almighty, you will be built up; you will remove iniquity far from your tents. 24 Then you will lay your gold in the dust, and the gold of Ophir among the stones of the brooks. 25 Yes, the Almighty will be your gold and your precious silver; 26 For then you will have your delight in the Almighty, and lift up your face to God. 27 You will make your prayer to Him, He will hear you, and you will pay your vows. 28 You will also declare a thing, and it will be established for you; so light will shine on your ways.



"In the pursuit of divine friendship, we discover the transformative power of knowing God intimately. Submission, reconciliation, yielding, and conformity become the beautiful dance of souls deeply connected to their Creator."

WEEK 1

The best friends in life are those who know you best. Those people who have surrounded you over time and know how you feel without even speaking a word. God is well acquainted with you. Psalm 139:1-5 says He knows you well, even from far He knows what's on your mind. He knows you because every thread of your life He put together and knitted your essence. No one knows better who you are, where you came from, and where He is taking you than your creator.

Today we are called to reciprocate His friendship and to truly get to know God's character to be able to submit, reconcile, yield, and conform to His will for our life. True living happens when we continually u-turn to go back so He can be the one building our every moment and our every decision.

The true value of what surrounds us is revealed in His presence and we can see the eternal relevance of our seasons, our relationships, and that which we hold dear. All of a sudden gold lays on the ground and all we see is dust because He gives us the understanding that one moment in front of Him is our delight.

Meditate on these questions and prayerfully consider the answers.

- What areas of your life do you consider gold? What are areas of your life that you value above others?
- What areas of your life do you think should regain the value they deserve in your life?
- How can the presence of God help you value what matters in your life?

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

THURSDAY

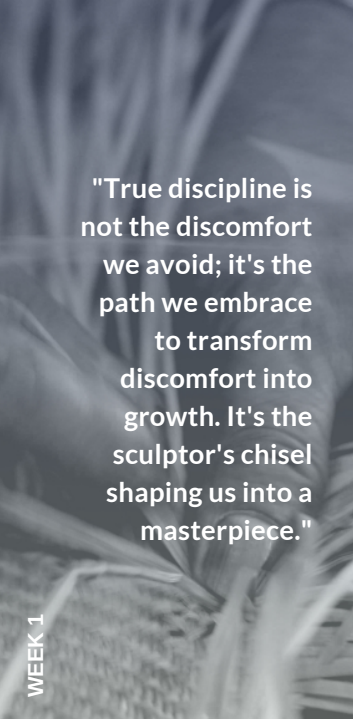
THE EASY YOKE

LAMENTATIONS 1:14 (NIV)

"My sins have been bound into a yoke; by his hands they were woven together. They have been hung on my neck, and the Lord has sapped my strength. He has given me into the hands of those I cannot withstand.

LAMENTATIONS 3:25-29, 40 (NKJV)

The Lord is good to those who wait for Him, to the soul who seeks Him. 26 It is good that one should hope and wait quietly for the salvation of the Lord. 27 It is good for a man to bear the yoke in his youth. 28 Let him sit alone and keep silent, because God has laid it on him; 29 Let him put his mouth in the dust—There may yet be hope. 40 Let us search out and examine our ways, and turn back to the Lord.



"True discipline is not the discomfort we avoid; it's the path we embrace to transform discomfort into growth. It's the sculptor's chisel shaping us into a masterpiece."

WEEK 1

Discipline is one of those words that most human beings, young or old, do not want to hear. The word many times implies discomfort, guilt, and uneasiness. It is a place you want to swiftly escape from.

The bible references an agricultural tool used for centuries to speak on discipline. The yoke. The most rudimental type of yoke consists of a piece of wood tied around the neck of a pair of ox with a set of ropes. It tied the animals together to effectively pull a load. We all carry loads. Some heavier than others, some positive like working to get your family ahead in life, and some negative like the generational baggage from our past. These loads most times leave us exhausted and burdened. Matthew 11:28-30 gives us the hope to lay those burdens and take on the rest of taking the easy yoke Jesus offers.

First things first, "It is good to bear the yoke". What God knits together to give you is good. Waiting on God or abiding in His presence is understanding that I need to be kept bound by His direction and guidance so I can effectively pull the load He has for my life. The pair of ox under the yoke are subject to the hand of the farmer leading them. In the same way, we are to let God lead our lives through the practice of solitude and quietness. Verses 28 and 29 speak of sitting alone and keeping silent and putting the mouth in the dust. A posture of subjection to the one above. The original translation of the word silent is "damam" and it means "to grow dumb". In lame words, get rid of what you think you know and allow God to be the one dictating the course of your life. Today, let's examine our ways and turn back to God.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

FRIDAY

THE GOOD PART

LUKE 10:38-42 (ASV)

38 Now as they went on their way, he entered into a certain village: and a certain woman named Martha received him into her house. 39 And she had a sister called Mary, who also sat at the Lord's feet, and heard his word. 40 But Martha was [l]cumbered about much serving; and she came up to him, and said, Lord, dost thou not care that my sister did leave me to serve alone? bid her therefore that she help me. 41 But the Lord answered and said unto her, Martha, Martha, thou art anxious and troubled about many things: 42 [n]but one thing is needful: for Mary hath chosen the good part, which shall not be taken away from her.

"The key to a good life is not giving in to the never-ending demands of an ever-expanding world; it's understanding what truly matters."

WEEK 1

One of the biggest triggers of anxiety for many is the fear of a "to-do list". Many times an unending set of tasks and responsibilities seem to take hostage our time and energy. What if I told you, there is only one task that is needed on your to-do list? YES! ONE! That is not the world we live in these days. Our life is inundated with information and distractions fighting over our mind. Work, the kids, school, the business, setting goals for the new year, etc. But this is not new, Martha was anxious and troubled by many things. Her mind was scattered probably even on good things such as serving others that were in the house. We also set our minds on many things, many important details, that are even good. The truth is that even if our minds are set on tasks and details that are good, our lives can still be filled with anxiousness and troubles.

Jesus is clearly saying that not much is needed for what is good and pleasing before God. He calls it the "good part". As usual with Jesus, it is one simple task. Mary chose to sit and listen. She sat at Jesus' feet displaying a posture of surrender and complete dependence and longing for what the Lord was going to say (Psalm 73:26). She knew that it is what God says that sustains our life. The word of God is the source of our strength and the portion that makes us sufficient for our every season.

You can choose between two postures. One that takes on all the tasks and believes that in the doing lies the completion of what is needed. Or the other that chooses to contemplate an almighty God who wrote each of our days in His book and who sustains our every moment in the palm of His hand. What will you choose today?

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

SATURDAY

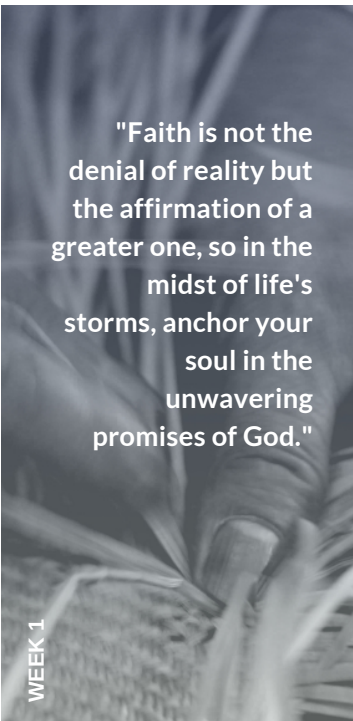
A FIXED HEART

PSALM 57:6-7 (ASV)

6 They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me; they are fallen into the midst thereof themselves. Selah 7 My heart is fixed, O God, my heart is fixed: I will sing, yea, I will sing praises.

PSALM 56:8-11 (NLT)

You keep track of all my sorrows.[b] You have collected all my tears in your bottle. You have recorded each one in your book. 9 My enemies will retreat when I call to you for help. This I know: God is on my side! 10 I praise God for what he has promised; yes, I praise the Lord for what he has promised. 11 I trust in God, so why should I be afraid? What can mere mortals do to me?



"Faith is not the denial of reality but the affirmation of a greater one, so in the midst of life's storms, anchor your soul in the unwavering promises of God."

WEEK 1

What an encouragement it is to know that we believe in a God who is well aware of the state of our hearts. He keeps count of each of our tears and knows when our soul is down. He is well aware of the times when we feel surrounded by many troubles. Just as He knows our hearts, minds, and souls, He is also willing to generously provide what we need. God's word is full of promises that encourage our faith in Him, who says He will always be with us. We can trust God to hold our hand and walk through this life with us (Isaiah 42:6).

It is God's character expressed through His word and promises that allows us to securely fix our hearts on who He is, regardless of our reality. David expresses how, regardless of the state of his heart, he can trust not in his circumstances but in the unwavering character of the God he trusts.

Today, I want to challenge your faith to sing to God and magnify who He is over what your circumstances are telling you. This will build our character and help us become more like Jesus each day.

His promise for us today is that when we cry for our Dad to rescue us, our enemies have no other choice but to retreat.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:



WEEK 2

ABIDING

MONDAY

A Call to Stillness

TUESDAY

Longing for His Presence

WEDNESDAY

Surrendering control

THURSDAY

A Heart of Worship

FRIDAY

Seeking the Heart of God

SATURDAY

Repentance and Restoration

SUNDAY

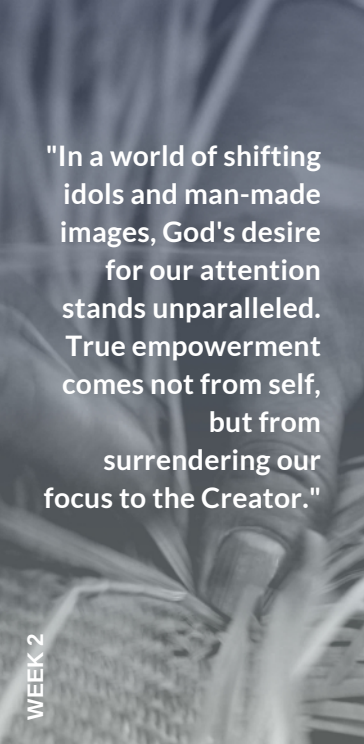
Sunday Sermon

MONDAY

A CALL TO STILLNESS

PSALMS 46:10 (NIV)

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."



"In a world of shifting idols and man-made images, God's desire for our attention stands unparalleled. True empowerment comes not from self, but from surrendering our focus to the Creator."

WEEK 2

In the hustle of our daily lives, the thought of "being still" may seem counterintuitive. We live in a world that prizes constant activity, productivity, and progress. However, Psalm 46:10 invites us into a profound truth: in the art of stillness, we discover the very essence of God. To "be still" is not a passive state to simply stop and do nothing but a deliberate choice to hush the noise around us and within us, creating a sacred space for God to speak. In this stillness, we embark on a journey of knowing God more intimately.

The action of "being still" is a surrender—a surrender of our schedules, fears, and desires. It's an acknowledgment that, in the stillness, we encounter a God who is in control, is an act of yielding, a conscious decision to let God be God in every aspect of our lives. Today, may we accept the invitation of stillness. In the quiet, let's listen for the heartbeat of God, so we can get to know him more intimately.

In surrendering our time and our lives, we find a profound truth: God is calling you to the depth of his heart and it begins with a counter culture action: To be still.

S.O.A.P

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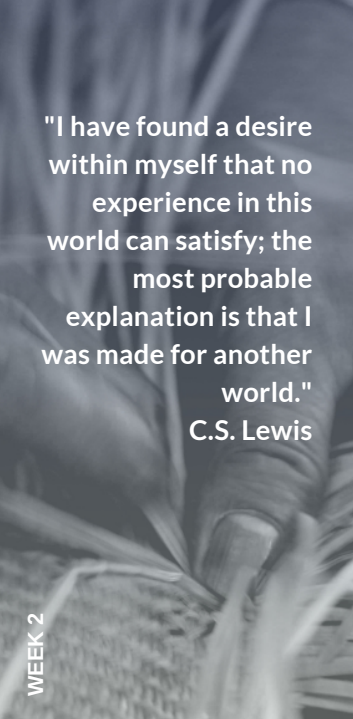
P - Prayer:

TUESDAY

LONGING FOR HIS PRESENCE

PSALM 27:4 (NIV)

“One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.



"I have found a desire within myself that no experience in this world can satisfy; the most probable explanation is that I was made for another world."
C.S. Lewis

WEEK 2

David, in Psalm 27:4, reveals the singular request that captivates his heart: a longing to dwell in the presence of the Lord all the days of his life. In a world bustling with distractions and demands, David's cry resonates deeply with the human soul. It echoes the universal yearning for something beyond the transient and the mundane, all the resolutions we can accomplish, and all the things that we “think” can fulfill us, for a connection that transcends the limitations of this earthly existence.

The beauty of this verse lies not only in the request but in the profound simplicity of its focus—the desire to be in the presence of God. David's heart cries out for more than just a casual acquaintance with God. His desire is not for fleeting moments but for a continuous dwelling, an intimate abiding in the house of the Lord. This longing goes beyond mere rituals or religious routines; it is a plea for an ongoing, heartfelt communion with the Creator. God's presence was enough for David.

May our hearts echo David's sentiment, and may our lives be marked by a relentless pursuit of dwelling in God's house, finding our ultimate satisfaction in abiding in His presence.

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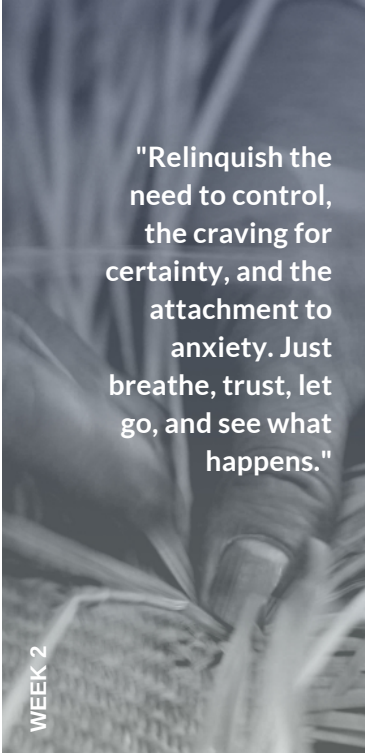
P - Prayer:

WEDNESDAY

SURRENDERING CONTROL

PSALMS 37:7-8 (NIV)

Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.



"Relinquish the need to control, the craving for certainty, and the attachment to anxiety. Just breathe, trust, let go, and see what happens."

WEEK 2

The concept of surrendering control is not an easy one. It challenges our natural instincts to plan, strive, and manipulate outcomes. Yet, the psalmist encourages us not to fret when others seem to succeed through their schemes. Why? Because our trust is not in our efforts but in God's faithfulness and perfect will for our lives.

Surrendering control is an act of faith, a conscious decision to relinquish our anxieties and worries at the feet of our Father. It is an acknowledgment that, despite our best efforts, God's ways are higher, and His timing is perfect.

Choosing to abide in God, as Psalm 37:7 is an invitation, an intentional act of seeking refuge in His presence. It is finding peace in the assurance that He is in control even when life seems chaotic. Abiding in God means entrusting our new year, dreams, plans, and fears to Him, allowing His peace to reign in our hearts.

As we release control, we make room for God to work wonders in our lives. In the stillness of surrender, we discover the profound joy of abiding in the arms of our Father. Today, let's make a conscious decision to be still before our God, trusting that His ways are perfect and His love for us is beyond measure.

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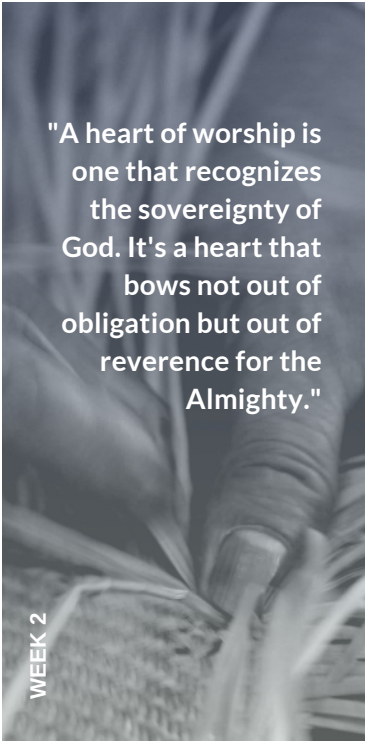
P - Prayer:

THURSDAY

A HEART OF WORSHIP

PSALMS 95:6-7 (NLT)

“Oh come, let us worship and bow down; let us kneel before the LORD, our Maker, for he is our God. We are the people he watches over, the flock under his care. If only you would listen to his voice today.”



"A heart of worship is one that recognizes the sovereignty of God. It's a heart that bows not out of obligation but out of reverence for the Almighty."

WEEK 2

Worship is not confined to the melodies of a song or the words of a prayer; it is a posture of the heart. The psalmist encourages us to come with humility, acknowledging the greatness of the One who formed us. It's a recognition that He is our God, and we are His cherished creation, the flock under His caring watch.

A heart of worship is one that recognizes the sovereignty of God. It's a heart that bows not out of obligation but out of reverence for the Almighty. When we truly grasp the depth of His love and the magnitude of His power, our response is a natural inclination to bow before Him.

As you meditate on Psalm 95:6-7, may your worship be more than a routine; may it be a reflection of a life surrendered to the beauty of God's love and a lifestyle—a heart of worship that responds out of love and awe of our Creator.

Take some intentional time today to enjoy his sweet presence.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

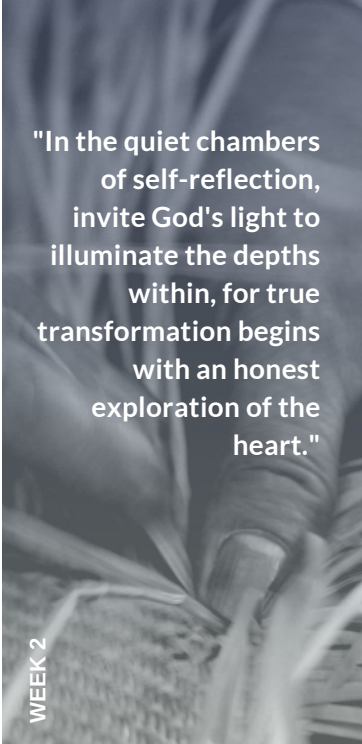
P - Prayer:

FRIDAY

SEEKING THE HEART OF GOD

PSALMS 139:23-24 (AMP)

“Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts; And see if there is any wicked or hurtful way in me, And lead me in the everlasting way.”



"In the quiet chambers
of self-reflection,
invite God's light to
illuminate the depths
within, for true
transformation begins
with an honest
exploration of the
heart."

WEEK 2

Psalm 139:23-24 is a heartfelt prayer of vulnerability and surrender. In these verses, David opens his soul before God, inviting Him to search and explore the depths of his being.

It's a plea for real intimacy and a courageous desire to align his heart with the heart of God. The reality is that to seek the heart of God, it begins with self-awareness, inviting the question: How do I really feel? The psalmist doesn't shy away from acknowledging his anxious thoughts and invites God to test and examine them.

In our own lives, how often do we pause to allow God to search the recesses of our hearts? It requires humility and a willingness to confront our vulnerabilities. Honesty is a friend of intimacy, and if we want to seek the heart of God, it requires us to be REAL and accept the reality of our hearts.

But David doesn't stop at self-awareness; he entrusts his journey to God, asking Him to lead him in the way everlasting. It's an acknowledgment that true transformation comes from walking in the path God sets before us, and to know that path, we need to seek His heart.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

SATURDAY

REPENTANCE AND RESTORATION

PSALM 51:10-12 (NIV)

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

“In the dance of redemption, may our hearts echo the melody of gratitude, as the notes of God's mercy and love resonate within us.”

WEEK 2

Repentance begins with a sincere acknowledgment of our need for God's transformative power. David pleads, "Create in me a pure heart, O God." In repentance, we invite God to mold us anew, to purify the very core of our being.

Renewal is not a one-time event but a continual process. David goes on to request the renewal of a steadfast spirit. Repentance isn't just about turning away from sin; it's about establishing a resolute commitment to follow God. As we repent, we ask for the strength to remain steadfast in our faith and devotion. In verse 11, David expresses a fear of being cast from God's presence. Sin creates a separation between us and God, and in repentance, we acknowledge our need for His abiding presence.

The beauty of Psalm 51:10-12 culminates in a prayer for restoration, a restoration that brings back the joy of salvation. Sin robs us of the joy that comes from a right relationship with God. Through repentance, we open ourselves to the healing touch of God, and He restores the joy that sin had stolen. Today is the day when you can choose to repent and start all over again; today could be the day that the joy of your salvation is restored.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

WEEK 3

KEEP THE TENSION

MONDAY

Focus Shift

TUESDAY

Keep the Tension

WEDNESDAY

Make Him Your Everything

THURSDAY

Learn, Follow, Trust!

FRIDAY

Waiting Quietly

SATURDAY

Freedom

SUNDAY

Sunday Sermon

MONDAY

FOCUS SHIFT

LUKE 14:15-24 (NIV)

THE PARABLE OF THE GREAT BANQUET

"The invitation to life's grand banquet is extended to all, but our priorities RSVP for us. Let us prioritize the eternal feast over the fleeting distractions, for therein lies the richness of our soul."

WEEK 3

As we read this parable, we can see that the first guests were focused on earthly possessions and events. As a result, they rejected the invitation from the man. The second guests were in need and at a low moment in life, so they went.

When we put our eyes or focus on earthly possessions, situations, or events we begin to put God as an option. If we want to abide in Jesus, our hearts must be completely turned and devoted to Him. The mundane must be secondary. Otherwise, we will end up having Jesus as an option. In life we will live in different seasons, some are good and some are difficult, but don't let your heart be fooled into thinking that you have it all under control. It is healthy for our hearts to know that we cannot do it alone and that we are always in need, in need of His presence, word, and guidance. When this is our truth, we will continue to abide in Him. The mundane becomes secondary, we will quickly answer to what he calls us to, and He becomes our everything.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:


P - Prayer:

TUESDAY

KEEP THE TENSION

LAMENTATIONS 3:25-27 (NKJV)

The Lord is good to those who wait for Him, To the soul who seeks Him. 26 It is good that one should hope and wait quietly for the salvation of the Lord. 27 It is good for a man to bear the yoke in his youth.



"To seek the Lord in the silence of adversity is to cultivate resilience; for His mercies are new every morning, and in patience, we find our renewal."

WEEK 3

There are times in life that seem as if there is no way out. After trying everything on our own, there is just not a clear way for things to work in our favor. Whether facing a difficult health issue, a season of family hardship, or a sudden loss of a job or financial insecurity, there are moments in life that leave us in need of saving. We pray to come out on the other side of this season without harm, but the Bible teaches us that the time of waiting for our miracle is GOOD for us. How can hardship be good for me? It certainly does not feel that way. Waiting is essential in the timeline of our walk with God. I now understand that it is even more important than the miraculous end result of our fervorous prayer. The "waiting for" in verse 25 and the "wait" in verse 26 are different words in the original translation, but they both shed light on what God is doing on the inside when He allows us to experience seasons of waiting in our life.

The "wait for him" in verse 25 is the word "qavah," which means twist, stretch, tension of enduring, strand of rope, and spider's threads/web. This speaks deeply about the unending knitting work of our creator (Psalm 139:13), developing and strengthening our soul. It also speaks about the response God wants us to have in challenging times: to keep the tension and endure, not just "taking the beating," but truly depending on the fact that our salvation comes from God.

The "wait" in verse 26 is the word "chawl," and it means to whirl, dance/turn, writhe, or twist. This is meant to complement the meaning God wants to give to our struggle. When we choose to turn to God and continue to go back to Him, that is causing a process of strengthening, like many strands coming together to form a rope. God is making us stronger when we abide in His presence.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

WEDNESDAY

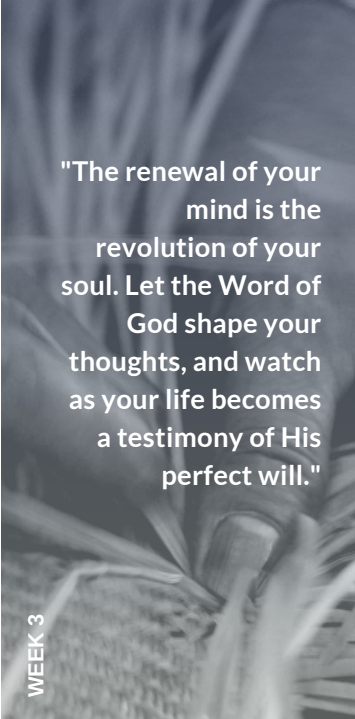
MAKE HIM YOUR EVERYTHING

ROMANS 12:1-2 (MSG)

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going to work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, and develops well-formed maturity in you.

Today let's meditate on these verses and allow the Holy Spirit to search our hearts to discover what areas of our life we have not surrendered to God. Where is our attention fixed? Abiding in Jesus keeps us aware of what He wants from us, and we are quick to respond to it.

Take time to practice the SOAP method and allow the Holy Spirit to speak into your heart, and your season, and immerse in His presence.



"The renewal of your
mind is the
revolution of your
soul. Let the Word of
God shape your
thoughts, and watch
as your life becomes
a testimony of His
perfect will."

WEEK 3

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

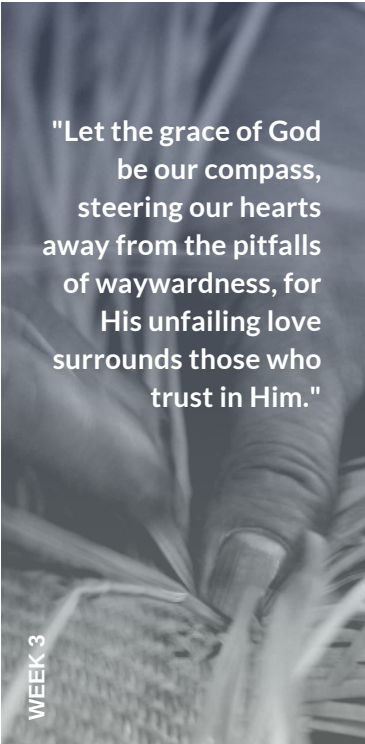
P - Prayer:

THURSDAY

LEARN, FOLLOW, TRUST!

PSALMS 32:8-9 (EASY)

"I will teach you the right way to live. I will be your guide and I will take care of you. Do not be like a silly horse, or a mule. You have to use a rope to show them which way to go. Without that, they will not obey you."



"Let the grace of God
be our compass,
steering our hearts
away from the pitfalls
of waywardness, for
His unfailing love
surrounds those who
trust in Him."

WEEK 3

If you are reading this, you are probably a son/daughter, parent, or both. As parents, we aspire for our children to learn what we teach them. We also hope they will follow our ways and know that we will do anything to protect them. Our Father in Heaven desires the same for us. He gives us a promise, but this promise requires a part from us:

He will teach us = We will learn

He will guide us = We will follow

He will take care of us = We will trust

For this, we need to stay the course of abiding in Him. Otherwise, we can become like silly horses. When we have a humble and obedient heart towards God, our eyes will always be put on Him, and will be willing to learn, ready to follow, and firmly trust Him.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

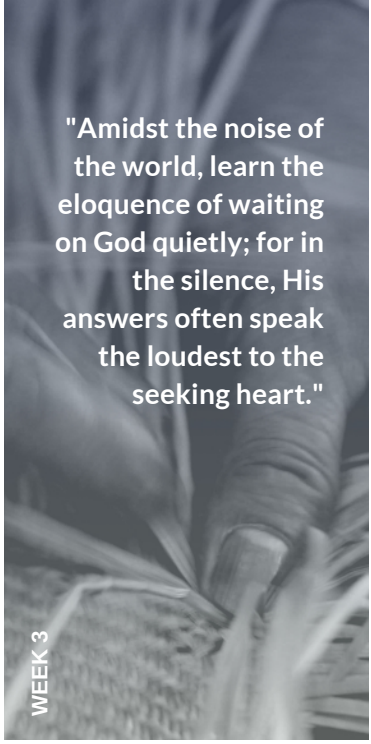
P - Prayer:

FRIDAY

WAITING QUIETLY

PSALMS 42:11 (NLT)

“Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!”



"Amidst the noise of
the world, learn the
eloquence of waiting
on God quietly; for in
the silence, His
answers often speak
the loudest to the
seeking heart."

WEEK 3

In these verses, we see that the psalmist was preaching to his soul. This is a great example of what we ought to do when we find ourselves discouraged. We are to preach hope into our souls. The word "hope" in the original translation is "yachal," which means to wait, await, or wait expectantly. When our heart is discouraged, it is necessary to speak into our soul and remind it that there is still hope. If we still have breath in our lungs, there is still hope.

As we read on Tuesday, Lamentations 3:25-26 says, "The LORD is good to those who wait for him, to the soul who seeks him. 26 It is good that one should wait quietly for the salvation of the LORD."

The word "wait" from Lamentations 3:25 in the original translation is "qavah," which also means endure or remain. The word "wait" in verse 3:26 in the original translation is "chawl," which means to whirl or dance.

This means that when we hope in the Lord, we wait expectantly, enduring or remaining in Him, and dancing quietly before Him. Waiting quietly (dancing quietly) is to wait without murmuring, complaining, or creating a negative idea of what we think might happen. Instead, it is waiting in worship and joy. We place our hope in God, knowing that He is present and is our help. This is a beautiful picture of what abiding in Him looks like day in and day out.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

SATURDAY
FREEDOM

PSALMS 62:8 (NLT)

“O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.”

“Let your heart be a sacred parchment, upon which the ink of your concerns is poured out before the Almighty, for He is our steadfast refuge.”

WEEK 3

It is common for people to have a hard time truly expressing their inner desires, confessions, concerns, questions, and emotions. It can be difficult to express ourselves to others since we may not find the safety to show our raw and authentic selves. However, David encourages us to (1) trust Him at all times and (2) pour our hearts out to Him. The image of pouring out water from a cup comes to mind. When we pour something out, we can see how a big portion of the substance is dumped. You cannot pour out something in tiny little parts. Once it is poured out, it is all out. The Lord is pleased with our authenticity. He is not afraid of your questions, mistakes, concerns, desires, or dreams. Keep this in mind; sometimes it takes really hard moments in life to make us question God, for us to understand who He really is. He is not afraid of what is in you; He already knows it, but He desires for us to pour it out to Him. This will lead us to a deep, bound together, and close interconnected relationship with our Lord. As we abide in Him, we find freedom to be our true selves and be transformed, and satisfied by Him. The last part of the verse says, “God is our refuge.” A refuge is a protection setting where we find safety. This means He is our safety, our safe place.

S.O.A.P

S - Scripture:

O - Observation:

A - Application:

P - Prayer:

