



KWAR

# BECOMING



31-DAY BIBLE STUDY  
PROVERBS

21 DAY FAST 12AM-3PM

No food, only water. No sugar. No caffeine.  
No secular music. No social media. No streaming or TV. Buy essentials only (food, gas, water, groceries, and bills—no shopping for entertainment purposes).

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# KWAR Church Guidelines for January 2026

## 21-Day Fast and 31-Day Proverbs Study

HAPPY NEW YEAR KWAR Kingdom Family!

### Introduction

KWAR Church 21-Day Fast (January 5–25, 2026) We are excited to embark on a special spiritual journey at the start of January 2026. As a Kingdom Family, we are dedicating twenty-one days to the theme of BECOMING—seeking the Lord earnestly as we embrace transformation in ourselves, our families, our church, our cities, and our government. This dedicated season is a time for prayer, fasting, and personal devotion, where we anticipate that God will guide us into new levels of growth and reveal what it means to truly become all He has called us to be throughout and beyond these days.

### Spiritual Expectation and Growth (BECOMING)

We envision this movement of fasting, Bible reading, and prayer as planting a seed in the soil of our lives. We trust that God will water this seed and cause it to grow throughout the year 2026, bringing spiritual growth and transformation as we pursue the journey of Becoming His people in every area of life. We encourage everyone to prepare their hearts for how God may use this time to bring change, blessing, and a deeper sense of purpose in alignment with our 2026 theme.

### Preparation and Guidance

As you prepare to participate, we encourage you to ready your heart for what God will do during this season. If you have questions about fasting, please continue reading through the rest of this booklet for further information and details. In addition to guidance, you will also discover several exciting opportunities for prayer as you join in this journey.

### 21-Day Food Fast: (12:00 AM–3:00 PM)

During this 21-day period, we are committing to an absolute fast each day from midnight (12:00 AM) until 3:00 PM, consuming only water. This time of fasting is meant to help us seek God with greater focus and dependence. If you are currently taking medications or have health concerns, please consult your healthcare provider before participating. Adjustments may be necessary based on medical advice. For more information about fasting, please refer to the additional details provided in this packet.

### 21-Day Media Fast

Throughout the fast, we encourage you to abstain from entertainment media, including television, social media, games, movies, YouTube videos, and streaming services such as Netflix, Hulu, Prime, and Disney Plus. You may continue to use your phone for essential communication such as texting, calling, and Bible reading. Christian content—such as Christian TV, YouTube channels, preachers, teachers, and news—may be viewed, but please limit media consumption to these areas and use discernment. Ask yourself whether each broadcast is helping your walk with God; if it is not, turn it off.

## 21-Day Financial Fast

The financial fast is designed to eliminate all spending that is not absolutely necessary for three weeks. During this time, refrain from purchasing anything that is not a necessity. Necessary expenses include food, medicine, monthly bills, and mortgage or rent payments. Avoid shopping for clothes, shoes, jewelry, nonessential household items, and anything else that is not essential. Stay away from retail stores and malls, and do not dine out at restaurants or buy fast food, including breakfast or lunch at work. If you are accustomed to buying coffee on the go, make it at home instead. In addition, forego entertainment expenditures such as going to movies or concerts. Use this freed-up time to focus on prayer, Bible reading, and listening to Christian teachings.

### Recommended Reading: Michelle Singletary – 21 Day Financial Fast

To support your financial fast, we recommend the teachings of Michelle Singletary. She offers 21 days of practical guidance on her YouTube channel. Each day includes a teaching snippet to encourage and help you stay on track.

Why the financial fast: <https://youtu.be/2gKMoXycHm8?si=KhFXYYygGgVqKAFh>

Introduction to the fast: [https://youtu.be/mmswAtbp6sY?si=12QOBfwhOa-fh\\_kt](https://youtu.be/mmswAtbp6sY?si=12QOBfwhOa-fh_kt)

Day 1 - [https://youtu.be/GMpgPq1EGO4?si=FNbe88MnYGj7pW\\_I](https://youtu.be/GMpgPq1EGO4?si=FNbe88MnYGj7pW_I)

Day 2 – [https://youtu.be/UR0C7G\\_9FVI?si=SEkKBN8rHfej7Ca1](https://youtu.be/UR0C7G_9FVI?si=SEkKBN8rHfej7Ca1)

**You can continue to listen each day to her recordings for the entire 21 days**

## 21 Day No Processed Sugar and Caffeine Fast

To support your journey during the 21-day fast, we encourage you to be intentional about removing both processed sugar and caffeine from your daily routine. Below are practical guidelines to help you stay on track and experience the holistic benefits of this fast.

### Eliminating Processed Sugar

- **What to Avoid:** Steer clear of all processed sugars, including white and brown sugar, high-fructose corn syrup, cane syrup, and any sweetened packaged foods or drinks (such as sodas, candy, pastries, sweetened yogurts, breakfast cereals, and most commercial sauces and dressings).
- **What You Can Eat:** Choose foods with natural sugars, such as fresh fruits, unsweetened dried fruits (ensure no sugar is added by reading labels), and naturally sweet whole foods like sweet potatoes and carrots.
- **Tips for Success:**
- Read ingredient labels to spot hidden sugars in packaged foods.
- Prepare meals at home for better control of ingredients.
- Satisfy sweet cravings with fruit, herbal teas, or naturally sweet snacks like dates or apples.
- Stay hydrated with water, unsweetened herbal teas, or water infused with fresh fruit.

### Eliminating Caffeine

- **What to Avoid:** Refrain from all caffeinated beverages and foods, including coffee, black and green tea, energy drinks, colas, chocolate, and any supplements containing caffeine.

- What You Can Drink: Opt for caffeine-free herbal teas, water, and naturally flavored water with fruit or herbs. Decaffeinated options may be used, but check labels to ensure no added sugars or artificial ingredients.
- Tips for Success:
  - **Gradually reduce caffeine intake a few days before the fast begins to minimize withdrawal symptoms like headaches and irritability.**
- Replace your usual coffee or tea ritual with herbal teas or warm lemon water.
- Get plenty of rest and stay hydrated to help your body adjust.

## Spiritual Focus

As you experience cravings or discomfort, let these moments be reminders to turn to God in prayer. Use this time to develop self-discipline, deepen gratitude for God's provision, and grow in your spiritual walk. Remember, the purpose of the fast is not only physical reset but also spiritual renewal and connection with God.

## Fasting According to the Bible

What Is a Fast? In Scripture, fasting means that we, as followers of Jesus Christ, choose to abstain from food—either fully or partially—for a set period of time in order to seek God through prayer and spiritual focus. Fasting is more than a physical act; it is our way of humbling ourselves before God and intentionally drawing closer to Him. Throughout the Bible, we see believers and faith communities fasting as a way to seek God's guidance, prepare for significant moments, express repentance, and demonstrate our dependence on Him.

## Why Do We as Christians Fast?

We fast to deepen our personal and collective relationship with God and to grow spiritually. Fasting is an act of humility, as we submit our desires and needs to the Lord, seeking His will and aligning our hearts with His purpose. The Bible teaches us that fasting increases our spiritual sensitivity, leads us to repentance, opens our hearts to revelation, positions us to ask for healing or deliverance, and empowers us to intercede for ourselves and others. When we set aside physical comforts, we make room to hear from God more clearly and allow Him to transform us from within.

“...But the days will come when the bridegroom will be taken away from them, and then they will fast.” Matthew 9:15b NKJV

1. To humble ourselves to God (repentance) — Psalm 35:13, 1 Samuel 7:6, Ezra 9
2. To come closer to God — James 4:8
3. To understand God's Word (revelation) — Ephesians 1:17-22
4. To know God's will or direction — Acts 13:1-2
5. To seek healing/deliverance — Isaiah 58, Matthew 17:21
6. To seek God's intervention — 2 Samuel 12:16-23, 2 Chronicles 20:3
7. To intercede for others — Daniel 9:3

## DIFFERENT TYPES OF FASTS

- Absolute/Full Fast: This is a fast where one goes completely without food for a specific period of time. In the Bible, there are instances where people fasted from both food and water, though typically, a full fast refers to abstaining from food only.

- Partial Fast: A partial fast involves skipping one or more meals during the day. The focus is on dedicating the time that would have been spent eating to prayer and seeking God.
- Daniel Fast: Based on Daniel chapter 10, this fast consists of abstaining from “pleasant food,” such as meats, sweets, and treats. Participants usually eat fruits, vegetables, and nuts.
- Media Fast/Soul Fast: Inspired by Daniel 6:18, this fast involves giving up forms of entertainment or activities, like social media or television, to focus more on prayer and spiritual growth.

## Practical Points for Fasting

### 1. Plan Your Fast

Typically, before you begin, determine the type of fast you will undertake and its duration. Clearly write out your plan so you can refer to it throughout the fasting period. As a church family, we are participating together this year in our corporate fast for 21 days, from January 5 to January 25, 2026, from 12:00 a.m. to 3:00 p.m. each day.

### 2. Be Specific About Your Fasting

Clarify the reasons for your fast and the prayer focus you want to maintain. Write down your personal prayer requests and remember to also pray over the corporate church prayer list. Being intentional with your prayers will help you stay focused during the fast.

### 3. Plan Your Daily Prayer Time

Set aside specific times each day for prayer and determine where you will pray—whether at home, at your workplace, or at church. Mark these times and locations in advance. Being intentional about your prayer schedule will help you accomplish your spiritual goals during the fast.

### 4. Journal Your Fast

Document your fasting journey by journaling each day. Write about your experiences, what you sense God is communicating to you, how you feel, and any insights you receive. If you prefer, you can record your reflections on your phone/Ipad/Tablet instead of on paper. Journaling can help you remember meaningful moments and lessons long after the fast is over.

### 5. Drink Lots of Water

Since we often get a significant portion of our water intake from food, it is especially important to drink plenty of water during a fast. Doubling your water intake is beneficial, not only for hydration during the fast but also for the health advantages it provides. God’s instructions for fasting often result in blessings for our bodies as well as our spirits.

### 6. Invite Accountability

Share your fasting commitment with a trusted friend for support and encouragement. Participating in a church-wide fast adds an extra layer of accountability and fosters a sense of camaraderie. Knowing that others are fasting and praying alongside you can help strengthen your resolve and deepen your experience.

## A More Comprehensive Overview of the Media Component of Our Fast

During this fast, we are making a commitment to avoid engaging with various forms of secular entertainment and media. This includes television, social media platforms, video games, movies, YouTube videos, and streaming services such as Netflix, Hulu, Prime, and Disney Plus. The intention behind this guideline is to reduce distractions and create additional space for spiritual growth and reflection.

While you refrain from these types of media, you may continue to use your phone for essential communication, such as texting and calling family and friends. It is not necessary to feel disconnected from loved ones, as these basic functions remain permissible.

There are, however, some exceptions to these guidelines. You are allowed to watch Christian television, listen to sermons or preachers, and stay informed about important world events through the news, if necessary. Even with these allowances, it remains important to limit your media consumption to only these categories. When selecting content, prioritize Christian-based shows and teachings, such as "The Chosen," "House of David," or other faith-centered programming. This approach will help you maintain focus on the spiritual objectives of the fast while still allowing for some thoughtfully chosen media usage.

Research shows that the average person spends over 4 hours each day on their phone using social media, totaling around 86 hours per month. Additionally, Statista reports that U.S. consumers typically watch television for an average of 3.6 hours daily. Other studies estimate that, over a lifetime, most people will spend approximately 7 years and 8 months watching television and 5 years and 4 months on social media. These numbers highlight the significance and global prevalence of media consumption.

Although taking part in a media fast can be inconvenient for many people, it is certainly achievable. If we truly want to hear God's voice and connect with His heart, we need to be willing to block out distractions that compete for our attention so we can focus on what God is saying and doing.

Since many people use media out of habit, some choose to delete popular apps or put reminder notes on their TVs to help avoid giving in to temptation. Find the approach that works best for you and stick with it. Telling a friend about your commitment for extra support, or even encouraging them to join you, can be helpful too.

If work requires social media, only post or schedule as needed—avoid scrolling for fun. Keep checking email when necessary. **Also consider just listening to Christian music for the 21 days.** The main goal is to disconnect from distractions and connect with God.

We realize that some people have to use social media for their jobs. This is not a big deal, just get your posting and scheduling done and try your best not to mindlessly scroll for entertainment's sake. However, do still check emails on the fast. Remember the heart of "tuning out" is to "tune in".

## Alternative Activities During Your Media Fast

When you step away from media, you may be surprised by the amount of free time that becomes available. Consider engaging in meaningful activities to make the most of this opportunity:

- **Read Books:** Take time to read books you've been wanting to explore but haven't had the chance to start.
- **Study or Memorize Scripture:** Use this period to deepen your understanding of scripture or commit passages to memory, strengthening your spiritual foundation.
- **Keep a Prayer Journal:** Maintain a 21-day prayer journal, especially during moments when you feel drawn back to media. Document your reflections, prayers, and experiences throughout the fast.

- Cook Something New: Try out new recipes and experiment in the kitchen, making mealtimes an enjoyable and creative experience.
- Go for Walks: Spend time outdoors by going for a walk or walking your dog, appreciating the beauty of nature and getting fresh air.
- Get Creative: Channel your creativity into activities like painting, building, or crafting. Express yourself in new and imaginative ways.
- Organize Spaces: Tackle cluttered areas in your home and bring order to your surroundings, creating a more peaceful environment.
- Write Encouraging Notes: Reach out to friends by writing them an encouraging note, offering support and positivity.
- Prepare Food or Collect Clothes for Those in Need: Engage in acts of service such as preparing food or gathering clothes to help those in need within your community.
- Set Your Vision and Goals: Take time to reflect on your aspirations and establish clear vision and goals for your personal growth during the fast.

## Setting Intentional Goals for Your Fast

Setting intentional goals during your fast can provide clarity, motivation, and a sense of purpose as you journey through these 21 days. Begin by reflecting on areas where you desire growth, healing, or breakthrough, and thoughtfully consider how you want your relationship with God to deepen throughout this period. Writing down your goals makes them more specific and attainable, allowing you to track your progress and celebrate milestones along the way.

## Spiritual Disciplines

- Dedicated Time in Prayer and Scripture: Commit to spending focused time each day in prayer and reading scripture. Prioritize this as a daily practice to draw nearer to God and strengthen your spiritual foundation.
- Maintain a Prayer Journal: Keep a daily journal to record your thoughts, prayers, and experiences. This practice helps you reflect on your journey and notice how you are growing over the course of the fast.
- Practice Gratitude: Start each morning by listing things you are thankful for. Cultivating gratitude sets a positive tone for your day and shifts your focus to God's blessings.
- Memorize Key Scripture: Set a target for memorizing scripture passages that resonate with your heart. This will help you internalize God's word and recall it in times of need.

## Acts of Service and Relationship Building

- Serve Others: Look for opportunities to help those in need, such as preparing food or collecting clothes for your community. Acts of service allow you to demonstrate God's love in practical ways.
- Encourage Others: Reach out to friends or family members with uplifting notes. A simple message can offer support and bring hope to those around you.
- Review and Reconcile Relationships: Take time to review any strained relationships and seek forgiveness and unity where needed. Pursuing reconciliation honors God and brings peace.

## Personal Growth (Becoming) and Well-being

- Creative and Physical Activities: Engage in activities that nurture your mind and body, whether through creativity or low impact exercise (a brisk short walk, nothing strenuous). These pursuits help you maintain balance and well-being during your fast.

- Organize Personal Spaces: Bring order to your surroundings by organizing your living or working spaces. A peaceful environment supports reflection and spiritual renewal.
- Set a Vision for Growth: Establish a clear vision for your personal and spiritual growth during the fast. This vision will guide your actions and keep you motivated as you pursue renewal.

By setting and pursuing these goals, you can make the most of your fasting period, draw closer to God, and embrace positive changes in your life to BECOME the best version of YOU!

## Prayer Focus for 21 Days of Fasting

As we begin these 21 days of fasting and prayer together as KWAR Church, let us encourage one another to bring every concern, hope, and longing before God in prayer. There is no need to hold back or restrict what we share with Him; God invites us to come to Him with everything on our hearts.

During this time, each member is invited to prayerfully choose two to five matters that are especially meaningful to you. Make these issues a priority in your prayers and take a moment to write them down below. Throughout this journey, remain attentive to any guidance, wisdom, or insights God may reveal to you as you seek Him. The breakthroughs and answers we experience will come as we draw closer to Jesus and strengthen our relationship with Him.

## Seeking Deeper Relationship with Christ

In our prayers, let us focus on truly knowing Christ more deeply. Aim to grow in your understanding of Jesus and seek a more intimate encounter with His presence. Surrender your plans and desires to God, asking for His help to honor Him in all you do. Begin each prayer session by reflecting on the character of God—His goodness, faithfulness, and greatness—so that every request is made from a place of hope and gratitude.

## Establishing a Consistent Prayer Habit

Above all, commit to making prayer a daily habit. Set aside a specific time and establish a quiet place each day to meet with God. Consistency requires intention, so plan purposefully. If you find yourself distracted, consider listening to worship music to help center your thoughts and prepare your heart for prayer.

Throughout this season of fasting, we commit to praying earnestly and trusting God with every request—no matter how big or small—and especially for those few matters that are most significant to us as individuals and as a church family.

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## Preparing Your Heart for Prayer: A Readiness Checklist

Before entering into prayer, it is important to examine your heart and ensure you are spiritually prepared. Use the following checklist to guide your preparation and create a foundation for meaningful and effective prayer during your fasting journey:

1. Confess Your Sins
2. Take time to confess any sins before God, acknowledging where you may have fallen short. This act of repentance removes barriers and restores your connection with Him. (Isaiah 59:1-2, 1 John 1:10)
3. Restore Relationships
4. Consider your relationships with others. Make every effort to reconcile and forgive, ensuring that your heart is free from resentment or unresolved conflict. (Matthew 6:14-15)
5. Seek God's Will
6. Approach prayer with a desire to pursue God's will in every area of your life, surrendering your plans and seeking His guidance. (1 John 5:14-15)
7. Glorify God Above All
8. Let your prayers and actions be motivated by a longing to glorify God, keeping His honor and praise as your highest priority. (John 14:13-14)
9. Rely on the Holy Spirit's Guidance
10. Invite the Holy Spirit to lead and direct your prayers, trusting in His wisdom and intercession when words fail. (Romans 8:26-27)
11. Trust God in Every Circumstance
12. Choose to place your trust in God's faithfulness, regardless of your situation or feelings. Surrender your worries and lean on His understanding. (Proverbs 3:5-6)
13. Praise God No Matter What
14. Commit to praising God in every circumstance, expressing gratitude and joy even when facing challenges, knowing that He works all things together for good. (Romans 8:28, 1 Thessalonians 5:16-18)

By thoughtfully considering these points, you prepare your heart to seek God fully and experience deeper growth throughout your prayer and fasting season.

## An Example of Prayer Using Scriptures

Heavenly Father, as we enter this 21-day fast, we seek Your presence and submit our hearts to Your will. We ask, according to 1 John 5:14-15, that You guide each step and decision, aligning our desires with Your purpose. Help us to glorify You above all, that our prayers and actions may honor Your name, as Jesus taught in John 14:13-14.

Holy Spirit lead us and intercede for us when words fail, trusting in Your wisdom (Romans 8:26-27). Strengthen our faith, Lord, and help us to rely on Your understanding in every circumstance (Proverbs 3:5-6). We choose to praise You no matter what, confident that You work all things together for our good (Romans 8:28).

During this season, we pray for courage to dismantle fear (Joshua 1:9) and for endurance in the testing of our faith (James 1:3). Refresh our spirits, renew our minds, and revive our hearts in Your presence (Acts 3:19-20). We welcome supernatural shifts and pray for open hearts to receive all You desire (Matthew 21:21). Grant us wisdom and revelation to know who we are in Christ (Ephesians 1:17-18). In Jesus' name, Amen.

## Reflect on Your Month: Your “One Word” and Document Your Experiences

Let's get ready to recognize our victories, breakthroughs, insights, blessings, and the areas we want to grow. Throughout January and beyond, reflect on what you believe is being given to you and what needs

to change. Set aside time to write down your thoughts, experiences, and moments when you sensed or witnessed meaningful change in your life or in those around you. Don't forget to include your "One Word." How does this word show up in your experiences? You can use a journal or the lines below to begin.

## 2026 KWAR Church Corporate Prayer Guide

### Annual Prayer Focus

Throughout the year 2026, our Kingdom families are encouraged to continually pray through the following topics and Scriptures. Each area is designed to strengthen our faith, unify our congregation, and invite God's presence and guidance in every aspect of our lives and ministry. We will BECOME!

### Prayer Topics and Associated Scriptures

- Dismantling Fear (Joshua 1:9)
- Pray for strength and courage to face the challenges of the new year without fear. Ask the Holy Spirit for guidance in prayer during this season of change. Seek to hold tightly to God's Word to overcome fear and uncertainty.
- Faith (James 1:3)
- Ask God for the endurance and persistence needed to withstand life's trials. Pray for growth and perseverance in faith, trusting that each test produces spiritual maturity. Remain steadfast in your confession of faith.
- Times of Refreshing (Acts 3:19-20)
- Repent and seek a season of renewal in God's presence. Pray for spiritual refreshing, renewal, and revival in your heart and life.
- Shifting (Matthew 21:21)
- Pray for supernatural moves of God and divine shifts in this season. Ask for open hearts and minds to receive all that God desires to do among us.
- Spirit of Wisdom (Ephesians 1:17-18)
- Request wisdom and insight regarding your identity in Christ and your purpose in Him.
- Divine Encounters (John 4:13-14)
- Seek life-changing encounters with God that bring transformation and lasting change.
- Kingdom Mindset (Matthew 6:33)
- Pray to prioritize seeking God's Kingdom above all else and to maintain a focus on His purposes in every area of life.
- Shaken (Acts 4:31)
- Ask that the church be powerfully moved when gathered in prayer, experiencing God's presence in a tangible way.
- God's Word (Hebrews 4:12; Job 22:28)
- Declare and affirm the living, active power of God's Word in your life. Make declarations based on Scripture, speaking faith over every situation and trusting in God's care and concern.
- Spiritual Authority (Luke 10:19)
- Recognize and use the authority given through Jesus to overcome all the power of the enemy. Take action by faith, speaking God's promises and growing in intimacy with Him.
- Spiritual Warfare (2 Corinthians 10:3-5; Ephesians 6:12)

- Stand firm on God's Word, resisting spiritual forces of evil and remaining vigilant in prayer. Remember that our struggle is not against people, but against spiritual opposition, and victory is found in Jesus' name.
- Fresh Inspiration and Vision (Habakkuk 2:3)
- Declare restoration of lost vision and purpose. Pray for renewed motivation and clarity to fulfill God's calling and destiny for your life.
- Another Level of Growth (Ephesians 4:13-14)
- Pray for spiritual growth and maturity, unity in the faith, and elevation to new levels of influence and leadership. Ask for continued development and fruition of God's plans in your life.
- Watch and Pray (Matthew 26:41)
- Request alertness and persistence in prayer, relying on God's strength to resist temptation and remain spiritually aware. Stand firm and keep your mind focused on God for perfect peace.

## General Prayer Overview for KWAR Church Family

- Pray that all members would see God as their exalted Savior and cultivate their spiritual gifts to build up the body of Christ.
- Ask for spiritually healthy relationships among members and boldness to share testimonies and the gospel within the community.
- Pray for anointing upon those who teach biblical truth both inside and outside the church.
- Request growth in church donations and cheerful giving throughout every area of ministry.
- Pray that children learn to respect their parents, school officials, and church leaders, and that leaders govern with humility, faithfulness, and honor.
- Seek God's glory in corporate worship, asking for His Spirit to empower and exalt Him, edify the congregation, and expand His Kingdom.
- Spiritual Instruction (Ecclesiastes 5:2)
- Pray for careful and thoughtful speech before God, cultivating a listening heart in prayer and fostering a conversational relationship with Him.
- Ask that the Word of God be proclaimed powerfully and that members become dedicated students of Scripture, discovering its transformative power.
- Biblical Meditation (Isaiah 26:3)
- Pray for deep reflection on God's Word that leads to spiritual growth and perfect peace.
- Pray for wholehearted obedience to God and revival in personal, church, and national life, seeking restoration of godly foundations.
- Ask for restoration in families, communities, and cities, and for increased worship, prayer, Bible reading, and orderly conduct within Cornerstone.

## Leadership and Ministry

- Leadership (Jeremiah 3:15)
- Pray for God to provide leaders who guide with wisdom and understanding. Intercede for men's, women's, marriage, singles, and senior adult ministries, asking for wisdom, direction, and biblical standing.
- Request that leaders seek godly wisdom and desire God's ways above their own, trusting Him for daily guidance and decisions.
- Pray for a spirit of generosity throughout the church; that the majority of the congregation will give cheerfully and abundantly. (2 Corinthians 8:7-9; 9:7)

- Ask for direction, funding, and guidance for current and future building projects, including maintenance and care, and that any decisions align with God's vision. (1 Corinthians 4:2)

## Unity, Growth, and Evangelism

- Pray for unity in the church, humility, patience, and love among members. (Ephesians 4:1-3)
- Ask that God be glorified in all things and that the name of Christ is exalted. (2 Thessalonians 1:11-12)
- Seek that God's Spirit and power fill the church, that members comprehend the fullness of Christ's love. (Ephesians 3:16-19)
- Pray for faithfulness in sharing the gospel locally and globally. (Mark 16:15)
- Intercede for musical worship leaders, that their preparation is filled with worship, and their service is an offering of praise rather than performance. (Psalm 150)
- Pray for sufficient volunteers across ministries, that they serve wholeheartedly without burnout and maintain a healthy balance. (Acts 6:3-7)
- Ask for a spirit of unity and peace, avoiding division over non-essential matters. (Philippians 4:2-3)
- Pray for understanding and acceptance among church members, recognizing that all are imperfect and in need of God's grace. (Philippians 2:1-4)
- Intercede for a welcoming environment for visitors, so their experience encourages them to return and grow in faith.
- Request that God brings people of all ages, races, and backgrounds to serve and worship together, reflecting unity in Christ. (Acts 2:47)
- Pray for salvation of the lost and restoration of the backslidden. Ask for effective ministry to all seekers and abundant love for those needing Jesus. (Acts 2:41; 16:14)
- Ask for an evangelistic spirit among members, with clear opportunities to build relationships and share Jesus each week. (Acts 2:46-47)
- Pray for the Lord of the harvest to send workers into His fields and to supply every need. (Matthew 9:37-38)

## Outreach and Social Concerns

- Pray for the Poor and Unsheltered
- Ask God to pour out grace on the hungry—men, women, and children—and provide for their physical needs.
- Intercede for children affected by malnutrition, families struggling to find work, and those lacking healthcare.
- Pray for people in areas affected by drought and loss, that they find hope and solutions through legal means and not violence.
- Request provision for shelter, food, clothing, and transportation, that those in need feel cared for and not judged.

### Pray for Those in Authority and Civil Servants

Intercede for national, state, and local government leaders, asking for quality leadership, love of humanity, and God's direction for our nation.

Pray for wisdom, guidance, and decision-making for federal, state, and local officials, as well as for the armed forces and the safety of all citizens.

Ask for protection and strength for police, firefighters, and first responders.

## Pray for the Educational System

Lift up educators, teachers, and school employees, asking for wisdom, protection, and effectiveness in their roles.

## Bible Reading to Increase Worship and Wisdom for the New Year

To support our fast, encourage one another throughout the month, and lay a foundation for our Christian walk, we have committed to increasing our worship and gaining wisdom by reading Proverbs in 31 days, beginning January 1, 2026. This reading plan is intended to strengthen our worship and impart wisdom as we move into the new year.

We invite everyone to join our reading plan. The structure is simple: each day, read one chapter from the book of Proverbs that corresponds to the date. For example, on day 1, read chapter 1; on day 2, read chapter 2; and continue this pattern throughout the month.

As we journey through Proverbs together, we will use either the HEAR Bible Study Method or the SOAP Bible Study Method. Refer to resources from Lifeway Christian Resources or search online for more details if needed. These methods help us approach Bible reading with a purpose that transforms our lives. Rather than simply completing a reading checklist, our focus will be on understanding and responding to God's Word each day.

### What is the HEAR Bible study method?

The acronym HEAR stands for **Highlight, Explain, Apply, and Respond**. Each of these four steps helps create an atmosphere to hear God speak. ("What is the HEAR Method and How Do I Use It? | Lifeway") After establishing a place and a time to study God's Word each day, you will be ready to hear from God.

### How do I use the HEAR method?

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy and that today's reading is chapter 1 of the book. Before reading the text, pause to sincerely ask God to speak to you. ("What is the HEAR Method and How Do I Use It? - Lifeway") It may seem trite, but it's absolutely imperative that we seek God's guidance in order to understand His Word (see 1 Cor. 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: *"Open my eyes so that I may contemplate wondrous things from your instruction."* Psalm 119:18

After praying for the Holy Spirit's guidance, you'll be ready to record your notes. At the end of each day's entry, we have provided a place for you to write your HEAR journal. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, highlight each verse that speaks to you by copying it under the **letter H**. Record the following.

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you

- A title to describe the passage

This practice will make it easier to find the passage when you want to revisit it in the future. After you've highlighted the passage, you'll move to the **letter E**. At this stage you'll explain what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to get you started.

- Why was this text written?
- To whom was it originally written?
- How does this text fit with the verses before and after it?
- Why did the Holy Spirit include this passage in the book?
- What does the Holy Spirit intend to communicate through this text?

At this point you're beginning the process of discovering the specific, personal word God has for you from His Word. What is important is that you're engaging with the text and wrestling with its meaning.

After writing a brief summary of what you think the text means, you're ready to move on to the **letter A** which examines what it means to apply the text. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- What does this text teach me about God?
- What does this passage mean today?
- What would the application of this passage look like in my life?
- Does the text identify an action or attitude to avoid or embrace?
- What is God saying to me?

These questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions and challenge yourself to write between two and five sentences about how the text applies to your life.

Finally, below the first three entries, you'll see the **letter R** for respond. "Your response to the passage may take on many forms." ("HEAR Journal Handout") You may write a call to action. You may describe how you'll be different because of what God has said to you through His Word. You may indicate what you're going to do because of what you have learned. You may respond by writing a prayer to God. For example, you may ask God to

help you be more loving or to give you a desire to give more generously. Keep in mind that this is your response to what you've just read.

Notice that all the words in the HEAR formula are action words: **highlight, explain, apply, and respond**. God does not want us to sit back and wait for Him to drop truth into our laps. Instead of waiting passively, God wants us to actively pursue Him. Jesus said: *"Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you."* Matthew 7:7 CSB

What does a HEAR Bible study journal entry look like? Here is an example of what your HEAR journal entry could look like.

**Read:** Philippians 4:10-13 **Date:** 08-22-25 **Title:** The Secret of Contentment

#### **H // Highlight**

"I am able to do all things through him who strengthens me" (Phil. 4:13).

#### **E // Explain**

Paul was telling the church at Philippi that he had discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the One who strengthened him to persevere through difficult times.

#### **A // Apply**

In my life I will experience many ups and downs. My contentment isn't found in circumstances. Rather, it's based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

#### **R // Respond**

Lord Jesus, please help me as I strive to be content in You. Through Your strength I can make it through any situation I must face.

There is also another study method to use for Bible Study:

The SOAP Bible study method is a popular, simple framework for engaging with scripture, standing for Scripture, Observation, Application, and Prayer, guiding you to read a passage, note observations, apply its truths to your life, and then pray about it, fostering deeper connection with God's Word. It helps individuals move from passive reading to active reflection, making biblical truths personally relevant and actionable, often done with a notebook to write down insights.

## How to use the SOAP Bible study method?

### 1. S - Scripture:

- Choose a verse or passage to read slowly and thoroughly.
- **Action:** Write the scripture out by hand in your notebook to help commit it to memory and notice details.

### 2. O - Observation:

- Ask questions about the text: Who wrote it? Who was the audience? What words or themes stand out? What is the main message?
- **Action:** Write down your specific observations and any questions that arise before consulting commentaries.

### 3. A - Application:

- Reflect on how the scripture applies to your current life.
- **Action:** Determine what changes, actions, or new habits are needed; focus on one or two key takeaways.

### 4. P - Prayer:

- Talk to God about what you've learned and how you can live it out.
- **Action:** Write out a prayer asking for guidance, confessing areas of misalignment, and thanking God for His truth.

## Key Benefits

- **Simplicity:** Easy for anyone, including kids, to learn and use.
- **Deepens Understanding:** Writing down verses slows you down, revealing new insights.
- **Personal Growth:** Bridges the gap between reading the Bible and living its principles.
- **Flexibility:** Can be done with short verses or longer passages, in one sitting or over days.

You may select HEAR, SOAP, or any other method that best suits your learning preferences. The priority is to achieve a comprehensive understanding and effectively retain the acquired knowledge. This year presents an excellent opportunity for BECOMING!

Please review our Proverbs 31 daily reading calendar below and let's begin reading!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Read Proverbs Chapter 1	2 Read Proverbs Chapter 2
3 Read Proverbs Chapter 3	4 Read Proverbs Chapter 4	5 Read Proverbs Chapter 5	6 Read Proverbs Chapter 6	7 Read Proverbs Chapter 7	8 Read Proverbs Chapter 8	9 Read Proverbs Chapter 9
10 Read Proverbs Chapter 10	11 Read Proverbs Chapter 11	12 Read Proverbs Chapter 12	13 Read Proverbs Chapter 13	14 Read Proverbs Chapter 14	15 Read Proverbs Chapter 15	16 Read Proverbs Chapter 16
17 Read Proverbs Chapter 17	18 Read Proverbs Chapter 18	19 Read Proverbs Chapter 19	20 Read Proverbs Chapter 20	21 Read Proverbs Chapter 21	22 Read Proverbs Chapter 22	23 Read Proverbs Chapter 23
24 Read Proverbs Chapter 24	25 Read Proverbs Chapter 25	26 Read Proverbs Chapter 26	27 Read Proverbs Chapter 27	28 Read Proverbs Chapter 28	29 Read Proverbs Chapter 29	30 Read Proverbs Chapter 30
31 Read Proverbs Chapter 31						