

# A HOUSE ESTABLIS HED 2025

Name \_\_\_\_\_

Contact \_\_\_\_\_

# 2025

## A HOUSE ESTABLISHED

### 21 DAYS OF PRAYER & FASTING

This journal serves as both a catalyst for the start of your year and a spiritual tool to help you throughout the year.

This year's theme is "A House Established." In the New Testament, Jesus would use language that was rooted in Isaiah 56:7: *"I will bring these to my holy mountain and give them my joy in my house of prayer. Their offerings will be accepted on my altar, for my house will be called **a house of prayer.**"* God has always been intentional about the values he prescribes over his house, and he knows that when those values are established, great things come as a result.

For this time of prayer and fasting, we've laid out 3 Themes, one for each week. Each day, take a moment to slow down and pray through the scripture and allow it to take root in you.

**WEEK 1** (January 6-12) – A HOUSE OF PRAYER

**WEEK 2** (January 13-19) – A HOUSE OF PRESENCE

**WEEK 3** (January 20-26) – A HOUSE OF PRAISE

Keep in mind, each person may engage this time of prayer and fasting differently. Some may jump straight into the yearlong reading plan. Others may take their time. The key is that you lean into God for strength and seek to hear His voice!

## WEEK 1: PRAYER (JANUARY 6 - 12)

This week is all about leaning into prayer and seeking the Lord. Go through each day and reflect on the element of the passage (you might also choose to do the reading plan included for each day). Some will choose to journal, while others may just pray – whatever works best for you! Here is the Lord's Prayer as a guide: *"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"* Matthew 6:9-13

**JAN 6** – Read the whole passage and pray through it. If something is highlighted to you, pray or journal through that.

**JAN 7** – *Our Father in heaven, hallowed be your name.*

Take some time to reflect on the name, reputation and power of God.

**JAN 8** – *Your kingdom come, your will be done, on earth as it is in heaven.*

Reflect on the Kingdom of God. What things are true in heaven that God might want to use you to bring to your family or spheres of influence?

**JAN 9** – *Give us (me) this day our daily bread.*

Take a few minutes and read another scripture. Consider today's reading from our yearly reading plan. Allow that to sustain you for today.

**JAN 10** – *Forgive us our debts, as we also have forgiven our debtors.*

Ask God for forgiveness for areas you've fallen short. Reflect: is there someone I need to ask for forgiveness from, or is there someone I need to forgive in my heart or in person?

**JAN 11** – *Lead us not into temptation but deliver us from the evil one.*

Where are you most often tempted? Ask for God's strength to resist temptation that may come this week. Give him access to the innermost parts of your heart and mind as you begin your day.

**JAN 12** – Read the whole passage again. Pray through each line. Allow this to be a practice you continue beyond this week.

## WEEK 2: PRESENCE (JANUARY 13 - 19)

This week we're leaning into the presence and allowing His voice to become louder than our world. This is where fasting and intentional times of prayer work to refuel us, because we're increasingly dependent on God. This week, we're praying through the Armor of God in Ephesians 6:10-18. Each day, read the whole passage, then focus in on the specific prompt.

**JAN 13** – Read the whole passage and pray through it. If something is highlighted to you, pray or journal through that.

**JAN 14** – *Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, that you may take your stand against the Devil's schemes*  
Where do you need strength today? Where do you feel Satan's resistance?

**JAN 15** – *Stand firm with the belt of Truth buckled around your waist.*  
What is the truth about God's word that stands in opposition to the lies of this world? Speak God's truth over your life, your family and your day.

**JAN 16** – *Stand firm with the breastplate of righteousness in place.*  
God's righteousness protects and restores our hearts. Where has God made you right with Him?

**JAN 17** – *Stand firm with your feet fitted with the Gospel of Peace.*  
Where are you going in life that seems overwhelming? Invite God's peace into that emotion, relationship or endeavor.

**JAN 18** – *Take up the shield of faith, with which you can extinguish the fiery darts of the evil one.* We all know the enemy wants to take us out. But when we pray, our faith is built up and is a great defense. Speak words of faith over the situations in your life today.

**JAN 19** – *Take up the helmet of salvation & the sword of the Spirit, which is the word of God.* God's hope, rooted in God's powerful word, is what protects our minds. What scripture can you repeat in your mind today? By hiding his word in your heart daily, you will have all you need to fight the good fight of faith!

## WEEK 3: PRAISE (JANUARY 20-26)

*The theme of this week is praise and worship. A sense of victory and breakthrough are near as we enter our final lap. We're taking time to praise Him for his love and goodness. Look at Psalm 103 as a guide.*

**JAN 20** – Read Psalm 103. If something is highlighted to you, pray or journal through that. Find a praise or worship song that brings you to a place of praise and gratitude.

**JAN 21** – *Praise the Lord, o my soul; all my inmost being, praise His Holy name.* Take a moment and praise God. Thank him for his goodness.

**JAN 22** – *Praise the Lord, o my soul; and forget not his benefits.*  
The life of following Jesus is one full of benefits. In what way(s) has God blessed you, made you better or revealed more of himself to you?

**JAN 23** – *Praise the Lord, who forgives your sins and heals your diseases.*  
Where do you need forgiveness or healing today in your mind or body?  
Thank God in advance, even before you see it take place!

**JAN 24** – *Praise the Lord, who redeems your life from the pit...*  
Reflect on your lowest moment of this last year. How has God redeemed that low moment? Thank him for it.

**JAN 25** – *Praise the Lord, who crowns you with love and compassion.*  
Where did you deserve judgment, but instead received compassion and grace from God? In response to God's grace, how can you show grace or compassion to another this week?

**JAN 26** – *Praise the Lord, who satisfies your desires with good things, so that your youth is renewed like the eagle's.* What is something that is just super awesome about your life right now? Just thank God for it!

We pray this season of prayer and fasting has built you up! Now the real work begins. Continue on reading daily and watch God change your life!

# SOAP

**SCRIPTURE + OBSERVATION + APPLICATION + PRAYER**

## **S: SCRIPTURE**

*Find a verse or two that stick out & write them down*

## **O: OBSERVATION**

*What do you notice? What stands out to you? What do you think the author wants you to understand?*

## **A: APPLICATION**

*In reflection, write out how you can apply these verses to your life this week, whether in your attitude or actions or ambitions.*

## **P: PRAYER**

*Write a 1-2 sentence prayer Or, just pray & allow this truth to take root in your life*

## January

- 1 – Proverbs 1; 1 John 1
- 2 – Proverbs 2; 1 John 2
- 3 – Proverbs 3; 1 John 3
- 4 – Proverbs 4; 1 John 4
- 5 – Proverbs 5; 2 John & 3 John
- 6 – Proverbs 6; Romans 1
- 7 – Proverbs 7; Romans 2
- 8 – Proverbs 8; Romans 3
- 9 – Proverbs 9; Romans 4
- 10 – Proverbs 10; Romans 5
- 11 – Proverbs 11; Romans 6
- 12 – Proverbs 12; Romans 7
- 13 – Proverbs 13; Romans 8
- 14 – Proverbs 14; Romans 9
- 15 – Proverbs 15; Romans 10
- 16 – Proverbs 16; Romans 11
- 17 – Proverbs 17; Romans 12
- 18 – Proverbs 18; Romans 13
- 19 – Proverbs 19; Romans 14
- 20 – Proverbs 20; Romans 15
- 21 – Proverbs 21; Romans 16
- 22 – Proverbs 22; Galatians 1
- 23 – Proverbs 23; Galatians 2
- 24 – Proverbs 24; Galatians 3
- 25 – Proverbs 25; Galatians 4
- 26 – Proverbs 26; Galatians 5 & 6
- 27 – Proverbs 27; Ephesians 1
- 28 – Proverbs 28; Ephesians 2
- 29 – Proverbs 29; Ephesians 3
- 30 – Proverbs 30; Ephesians 4
- 31 – Proverbs 31; Ephesians 5 & 6

## February

- 1 – Genesis 1-3; Philippians 1
- 2 – Genesis 4-5; Philippians 2
- 3 – Genesis 6-8; Philippians 3
- 4 – Genesis 9; Philippians 4
- 5 – Genesis 11; Colossians 1
- 6 – Genesis 12; Colossians 2
- 7 – Genesis 13-14; Colossians 3
- 8 – Genesis 15; Colossians 4
- 9 – Genesis 16-17; 1 Corinthians 1
- 10 – Genesis 18-19; 1 Corinthians 2
- 11 – Genesis 21-22; 1 Corinthians 3
- 12 – Genesis 24; 1 Corinthians 4
- 13 – Genesis 25; 1 Corinthians 5
- 14 – Genesis 26-28; 1 Corinthians 6
- 15 – Genesis 37-38; 1 Corinthians 7
- 16 – Genesis 39-40; 1 Corinthians 8

- 17 – Genesis 41; 1 Corinthians 9
- 18 – Genesis 42-43; 1 Cor 10
- 19 – Genesis 44-45; 1 Cor 10
- 20 – Genesis 47-48; 1 Cor 11
- 21 – Exodus 1-2; 1 Corinthians 12
- 22 – Exodus 3-4; 1 Corinthians 13
- 23 – Exodus 5-7; 1 Corinthians 14
- 24 – Exodus 8-9; 1 Corinthians 15
- 25 – Exodus 10-11; 1 Corinthians 16
- 26 – Exodus 12-14; Philemon
- 27 – Exodus 16-17; Psalm 23
- 28 – Exodus 19-20; Psalm 91

## March

- 1 – Hebrews 1; 2 Corinthians 1
- 2 – Hebrews 2; 2 Corinthians 2
- 3 – Hebrews 3; 2 Corinthians 3
- 4 – Hebrews 4; 2 Corinthians 4
- 5 – Hebrews 5; 2 Corinthians 5
- 6 – Hebrews 6; 2 Corinthians 6
- 7 – Hebrews 7; 2 Corinthians 7
- 8 – Hebrews 8; 2 Corinthians 8
- 9 – Hebrews 9; 2 Corinthians 9
- 10 – Hebrews 10; 2 Corinthians 10
- 11 – Hebrews 11; 2 Corinthians 11
- 12 – Hebrews 12; 2 Corinthians 12
- 13 – Hebrews 13; 2 Corinthians 13
- 14 – James 1; Proverbs 1-2
- 15 – James 2; Proverbs 3-4
- 16 – James 3; Proverbs 4-5
- 17 – James 4; Proverbs 5-6
- 18 – James 5; Proverbs 7-8
- 19 – John 1-2; Proverbs 9-10
- 20 – John 3-4; Proverbs 11-12
- 21 – John 5-6; Proverbs 13-14
- 22 – John 7-8; Proverbs 15-16
- 23 – John 9-10; Proverbs 17-18
- 24 – John 11-12; Proverbs 19-20
- 25 – John 13-14; Proverbs 21-22
- 26 – John 15-16; Proverbs 23-24
- 27 – John 17-18; Proverbs 25-26
- 28 – John 19-21; Proverbs 27-28
- 29 – 1 Thess 1-4; Proverbs 29-31
- 30 – 1 Thess 5; 2 Thess 1
- 31 – 2 Thess 2-3

## April

- 1 – Nehemiah 1-2; 1 Timothy 1
- 2 – Nehemiah 3-4; 1 Timothy 2
- 3 – Nehemiah 5-6; 1 Timothy 3

4 – 1 Timothy 4-6; Colossians 1  
5 – 2 Timothy 1-2; Colossians 2  
6 – 2 Timothy 3-4; Colossians 3-4  
7 – Daniel 1-3; Psalm 91  
8 – Daniel 4-6; Proverbs 10  
9 – Matthew 1-3; Galatians 1  
10 – Matthew 4-5; Galatians 2  
11 – Matthew 6-8; Galatians 3  
12 – Matthew 9-10; Galatians 4  
13 – Matthew 11-12; Galatians 5  
14 – Matthew 13-14; Galatians 6  
15 – Matthew 15-17; Philippians 1  
16 – Matthew 18-20; Philippians 2  
17 – Matthew 21-22; Philippians 3  
18 – Matthew 23-25; Philippians 4  
19 – Matthew 26-28; Psalm 23  
20 – Mark 1-2; Ephesians 1  
21 – Mark 3-4; Ephesians 2  
22 – Mark 5-6; Ephesians 3  
23 – Mark 7-8; Ephesians 4  
24 – Mark 9-10; Ephesians 5  
25 – Mark 11-12; Ephesians 6  
26 – Mark 13-14; James 1  
27 – Mark 15-16; James 2  
28 – Romans 1-5; James 3  
29 – Romans 6-10; James 4  
30 – Romans 11-16; James 5

## May

1 – Psalm 1; Luke 1  
2 – Psalm 8; Luke 2  
3 – Psalm 15; Luke 3  
4 – Psalm 16; Luke 4  
5 – Psalm 19; Luke 5  
6 – Psalm 23; Luke 6  
7 – Psalm 25; Luke 7  
8 – Psalm 27; Luke 8  
9 – Psalm 29; Luke 9  
10 – Psalm 32; Luke 10  
11 – Psalm 33; Luke 11  
12 – Psalm 34; Luke 12  
13 – Psalm 37; Luke 13  
14 – Psalm 67; Luke 14  
15 – Psalm 73; Luke 15  
16 – Psalm 84; Luke 16  
17 – Psalm 90; Luke 17  
18 – Psalm 91; Luke 18  
19 – Psalm 92; Luke 19  
20 – Psalm 95; Luke 20  
21 – Psalm 96; Luke 21

22 – Psalm 100; Luke 22  
23 – Psalm 103; Luke 23  
24 – Psalm 111; Luke 24  
25 – Psalm 127; Jeremiah 29  
26 – Psalm 130; 1 Corinthians 13  
27 – Psalm 131; Romans 5  
28 – Psalm 139; Romans 8  
29 – Psalm 145; Romans 12  
30 – Psalm 147; Hebrews 11  
31 – Psalm 148; 1 Timothy 4

## June

1 – Ruth 1-2; 1 Timothy 1  
2 – Ruth 3-4; 1 Timothy 2  
3 – Esther 1-2; 1 Timothy 3  
4 – Esther 3-4; 1 Timothy 4  
5 – Esther 5-6; 1 Timothy 5  
6 – Esther 7-8; 1 Timothy 6  
7 – Esther 9-10; 2 Timothy 1  
8 – Daniel 1-2; 2 Timothy 2  
9 – Daniel 3-4; 2 Timothy 3  
10 – Daniel 5-6; 2 Timothy 4  
11 – 1 Samuel 1-2; Romans 1  
12 – 1 Samuel 3-4; Romans 2  
13 – 1 Samuel 5-6; Romans 3  
14 – 1 Samuel 7-8; Romans 4  
15 – 1 Samuel 9-10; Romans 5  
16 – 1 Samuel 11-12; Romans 6  
17 – 1 Samuel 13-14; Romans 7  
18 – 1 Samuel 15-16; Romans 8  
19 – 1 Samuel 17-18; Romans 9  
20 – 1 Samuel 19-20; Romans 10  
21 – 1 Samuel 21-22; Romans 11  
22 – 1 Samuel 23-24; Romans 12  
23 – 1 Samuel 25-27; Romans 13  
24 – 1 Samuel 28-31; Romans 14  
25 – 2 Samuel 1-3; Romans 15  
26 – 2 Samuel 4-7; Romans 16  
27 – 2 Samuel 8-11; Prov 1  
28 – 2 Samuel 12-14; Prov 2  
29 – 2 Samuel 15-18; Prov 3  
30 – 2 Samuel 19-22; Prov 4  
31 – 2 Samuel 23-24; Prov 5

## July

1 – Isaiah 1; Titus 1-3  
2 – Isaiah 5; Psalm 115-116; Jude  
3 – Isaiah 7; Philemon 1  
4 – 2 Kings 15-16; Hos 1; Heb 1  
5 – Hos 2-5; Heb 2



6 - Hosea 6-9; Hebrews 3  
7 - Hosea 10-12; Psalms 73; Hebrews 4  
8 - Hosea 13-14; Psalms 100; Hebrews 5  
9 - Micah 1-4; Hebrews 6  
10 - Micah 5-7; Hebrews 7  
11 - Isaiah 29; Hebrews 8  
12 - Isaiah 31; Hebrews 9  
13 - Proverbs 13; Hebrews 10  
14 - Proverbs 14; Hebrews 11  
15 - Proverbs 15; Hebrews 12  
16 - Proverbs 16; Hebrews 13  
17 - Proverbs 17; James 1  
18 - Proverbs 18; James 2  
19 - 2 Kings 17; Psalm 46; James 3  
20 - Proverbs 20; James 4  
21 - 2 Kings 18-19; James 5  
22 - Psalm 76; 1 Peter 1  
23 - 2 Kings 20; Psalm 75; 1 Peter 2  
24 - Isaiah 40; 1 Peter 3  
25 - Isaiah 43-44; 1 Peter 4  
26 - Isaiah 46; 1 Peter 5  
27 - Isaiah 49; Psalm 92; 2 Peter 1  
28 - Isaiah 52; 2 Peter 2  
29 - Isaiah 53-54; Psalm 103; 2 Peter 3  
30 - Isaiah 55-57; John 1  
31 - Psalm 107; John 2

## August

1 - Galatians 1-2  
2 - Galatians 3-4  
3 - Galatians 5-6  
4 - Ephesians 1-2  
5 - Ephesians 3-4  
6 - Ephesians 5-6  
7 - Philippians 1-2  
8 - Philippians 3-4  
9 - Colossians 1-2  
10 - Colossians 3-4  
11 - James 1-5  
12 - 1 Corinthians 1-3  
13 - 1 Corinthians 4-6  
14 - 1 Corinthians 7-9  
15 - 1 Corinthians 10-12  
16 - 1 Corinthians 13-15  
17 - 2 Corinthians 1-2  
18 - 2 Corinthians 3-4  
19 - 2 Corinthians 5-6  
20 - 2 Corinthians 7-8  
21 - 2 Corinthians 9-10

22 - 2 Corinthians 11-13  
23 - Acts 1-2  
24 - Acts 3-5  
25 - Acts 6-7  
26 - Acts 8-10  
27 - Acts 11-13  
28 - Acts 14-16  
29 - Acts 17-20  
30 - Acts 21-24  
31 - Acts 25-28

## September

1 - Psalm 70; Romans 1  
2 - Proverbs 2; Romans 2  
3 - Psalm 111; Romans 3  
4 - Proverbs 4; Romans 4  
5 - Proverbs 5; Romans 5  
6 - Proverbs 6; Romans 6  
7 - 2 Kings 25; Jeremiah 40-41; Romans 7  
8 - Jeremiah 42-44; Psalm 48; Romans 8  
9 - Obadiah 1; Romans 9  
10 - Proverbs 10; Romans 10  
11 - Daniel 1-2; Romans 11  
12 - Daniel 3-4; Psalm 81; Romans 12  
13 - Proverbs 13; Romans 13  
14 - Psalm 110; Romans 14  
15 - Psalm 145; Romans 15  
16 - Psalm 128; Romans 16  
17 - Romans 22; 1 Corinthians 13  
18 - Proverbs 18; Luke 1  
19 - Proverbs 19; Luke 2  
20 - Daniel 5-6; Psalm 130; Luke 3  
21 - Daniel 7-8; Psalm 137; Luke 4  
22 - Daniel 9-10; Psalm 123; Luke 5  
23 - Daniel 11-12; Luke 6  
24 - Psalm 84-85; Luke 7  
25 - Psalm 91; Luke 8  
26 - Psalm 113, 127; Luke 9  
27 - Haggai 1-2; Psalm 129; Luke 10  
28 - Proverbs 28; Luke 11  
29 - Proverbs 19; Luke 12  
30 - Proverbs 30; Luke 13

## October

1 - Psalm 126; Luke 14  
2 - Psalm 147; Luke 15  
3 - Psalm 138; Luke 16  
4 - Esther 1-2; Psalm 150; Luke 17  
5 - Esther 3-8; Luke 18  
6 - Esther 9-10; Luke 19

7 - Proverbs 7; Luke 20  
 8 - Psalm 131; Luke 21  
 9 - Nehemiah 1-2; Psalms 133; Luke 22  
 10 - Nehemiah 3-4; Luke 23  
 11 - Nehemiah 5-6; Psalm 146; Luke 24  
 12 - Nehemiah 7-8; Acts 1  
 13 - Nehemiah 9-10; Acts 2  
 14 - Nehemiah 11-12; Psalms; Acts 3  
 15 - Nehemiah 13; Mal 1, 2; Acts 4  
 16 - Mal 3-4; Psalm 148; Acts 5  
 17 - Job 1-2; Acts 6-7  
 18 - Job 3-4; Acts 8-9  
 19 - Job 5; Psalm 108; Acts 10-11  
 20 - Job 6-8; Acts 12  
 21 - Job 9-10; Acts 13-14  
 22 - Job 11-12; Acts 15-16  
 23 - Job 13-14; Acts 17-18  
 24 - Job 15; Acts 19-20  
 25 - Job 16; Acts 21-23  
 26 - Job 17; Acts 24-26  
 27 - Job 18; Psalm 114; Acts 27-28  
 28 - Job 19; Mark 1-2  
 29 - Job 20; Mark 3-4  
 30 - Job 21; Mark 5-6  
 31 - Job 22; Mark 7-8

## November

1 - Psalm 121; Mark 9-10  
 2 - Job 23-24; Mark 11-12  
 3 - Job 25; Mark 13-14  
 4 - Job 26-27; Mark 15-16  
 5 - Job 28-29; Galatians 1-2  
 6 - Job 30; Psalm 120; Galatians 3-4  
 7 - Job 31-32; Galatians 5-6  
 8 - Job 33; 1 Corinthians 1-3  
 9 - Job 34; 1 Corinthians 4-6  
 10 - Job 35, 36; 1 Corinthians 7-8  
 11 - Psalm 122; 1 Corinthians 9-11  
 12 - Job 37-38; 1 Corinthians 12  
 13 - Job 39-40; 1 Corinthians 13-14  
 14 - Psalm 149; 1 Corinthians 15-16  
 15 - Job 41-42; 2 Corinthians 1-2  
 16 - 2 Corinthians 3-6  
 17 - 2 Corinthians 7-10  
 18 - Psalm 124; 2 Corinthians 11-13  
 19 - Matthew 1-4; Hebrews 1-2  
 20 - Matthew 5-7; Hebrews 3  
 21 - Matthew 8-10; Hebrews 4-5  
 22 - Matthew 11-13; Hebrews 6-7

23 - Matthew 14-16; Hebrews 8-9  
 24 - Matthew 17-19; Hebrews 10  
 25 - Matthew 20-22; Hebrews 11  
 26 - Matthew 23-25; Hebrews 12-13  
 27 - Psalm 125; Matthew 26-27  
 28 - Matthew 28; 1 Thess 1-3  
 29 - 1 Thess 4-5; 2 Thess 1-3  
 30 - Rom 1-4

## December

1 - Romans 5-8  
 2 - Romans 9-12  
 3 - Romans 13-16  
 4 - Ephesians 1-4  
 5 - Ephesians 5-6; Psalm 119  
 6 - Philippians 1-4  
 7 - Colossians 1-4  
 8 - 1 Timothy 1-4  
 9 - 1 Timothy 5-6; Titus 1-3  
 10 - 2 Timothy 1-4  
 11 - Philemon; Hebrews 1-4  
 12 - Hebrews 5-8  
 13 - Hebrews 9-11  
 14 - Hebrews 12-13; Jude  
 15 - James 1-5  
 16 - 1 Peter 1-5  
 17 - 2 Peter 1-3; John 1  
 18 - John 2-4  
 19 - John 5-6  
 20 - John 7-8  
 21 - John 9-11  
 22 - John 12-14  
 23 - John 15-18  
 24 - John 19-21  
 25 - 1 John 1-5  
 26 - Psalm 117 & 119; 2 & 3 John  
 27 - Revelation 1-4; Colossians 1  
 28 - Galatians 1-2; Colossians 2  
 29 - Galatians 3; Colossians 3  
 30 - Galatians 4; Colossians 4  
 31 - Galatians 5-6; Psalm 23