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# *February*

## *Daily*

- Scripture - Read church Bible reading plan for January (See attached guide)
- Prayer
  - Pray before you read your daily reading plan and ask God to soften your heart to His Word.
  - Pray after you read your daily reading plan and ask God to help you be a doer of the Word.
  - Use your daily prayer guide and template option to guide your prayer time (See attached)
- Journal - (See attached journaling options)

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## *Weekly*

- Memorize weekly verse
  - Week of February 1<sup>st</sup> - Proverbs 27:17
  - Week of February 8<sup>th</sup> - Ephesians 5:25
  - Week of February 15<sup>th</sup> - Psalm 119:9
  - Week of February 22<sup>nd</sup> - Hebrews 12:1-2
- Touch base with group members
- Book - *Basic Christianity* - John Stott
  - Stay on pace to finish your book this month

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## *Monthly*

- Participate in group meeting
  - Recite Scriptures
  - Share updates on your book reading, Bible study, journaling, personal prayer time, and prayer requests



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## *Journal*

### *S.O.A.P Method*

- **Scripture** - write a verse that stands out in your reading.
- **Observation** - note what stands out about the verse.
- **Application** - apply it to your life.
- **Prayer** - ask God to help you follow what His Word says.

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### *H.E.A.R Method*

- **Highlight** - choose a verse that stands out and write it down in your journal, noting the book, chapter and verse.
- **Explain** - Who wrote it? To whom? What's the context? What is God saying?
- **Apply** - What commands or attitudes should I embrace/avoid? How does this change my life?
- **Respond** - Write a prayer, a list of actions, or a song/poem about the passage, focusing on a specific change or worship.

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### *Sword Method*

- What do I learn about God?
- What do I learn about man?
- Is there a sin to avoid?
- Is there a command to obey?
- Is there an example to follow?



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## *Prayer*

### *A.C.T.S Method*

- **A**doration - start by worshiping and exalting God for who He is (holy, loving, powerful) and His attributes, using scripture or songs to express awe.
- **C**onfession - honestly admit your sins to God, seeking forgiveness (1 John 1:9), which clears the way for a closer relationship.
- **T**hanksgiving - thank God for His blessings, both big and small, from salvation to daily provisions, as commanded in scripture (1 Thessalonians 5:18).
- **S**upplication - bring your requests and petitions to God for yourself, others, and the world, trusting He knows best, but always submitting to His will.

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### *P.R.A.Y Method*

- **P**raise God for who He is and for what He has done with the phrase, "Our Father who is in heaven, holy is your name..."
- **R**epent of sins I have committed, of commands I have neglected with the phrase, "forgive us our sins and help us to forgive others."
- **A**sk for the needs of others and my own needs with the phrase, "give us this day our daily bread and lead us not into temptation, but deliver us from evil..."
- **Y**ield my will to God's will, my agenda to God's agenda for me with the phrase, "Your kingdom come, your will be done on earth as it is in heaven."

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### *Days of the Week*

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|--------------------------------------|-----------------------------|
| • Monday - Missions                  | • Friday - Friends          |
| • Tuesday - Team (men in your group) | • Saturday - Sanctification |
| • Wednesday - Wisdom                 | • Sunday - Sacrifice        |
| • Thursday - Temptation              |                             |