

21-DAY DEVOTION



HOW DO I JOURNAL?

This journal will use the SOAP method. What is SOAP? It's a commonly used method to take a small portion of scripture and really allow it to minister to your heart and current situations.

- **S - Scripture**

Take time daily to read Scripture. Each year we encourage everyone to pick up the Bible daily as God uses it to speak to us directly. The One Year Bible and other daily reading plans are available for a regular schedule of reading God's Word.

- **O - Observation**

What did you observe about the Scripture that struck you? This can be one sentence or more, but just take time to allow God's Word to speak.

- **A - Application**

How can you apply the observation so that it affects your life today? Maybe change a habit, start a new practice? What do you need to give up, let go of, or take hold of?

- **P - Prayer**

Write out a prayer to God based on what you just learned and ask him to help you apply this truth in your life.

We look forward to hear what the Lord is teaching you. Feel free to make posts on your social media and use **#ImWithCrossroads** so that we can all be encouraged by one another. We are not alone on this journey; we are stronger together!

*Write your prayer request here and each day come back to it and pray over it:

DAY 1

SCRIPTURE: PSALM 9:1-2 (NIV)

¹ I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. ² I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

In this Psalm, David is making a promise to God. He says "I will give thanks." As we begin today, make a list of the things you are thankful for. Write it somewhere (a mirror, bookmark, journal, post it note) you can come back to throughout this time.

Declaring what we are thankful for helps keep our focus on what God has done and is doing in our lives.

PRAYER:

Prayer is simply talking to God. David was praying when he made these promises to the Lord, write out your own promises to God.



DAY 2

SCRIPTURE: PROVERBS 3:5-6 (NIV)

⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight

OBSERVATION:

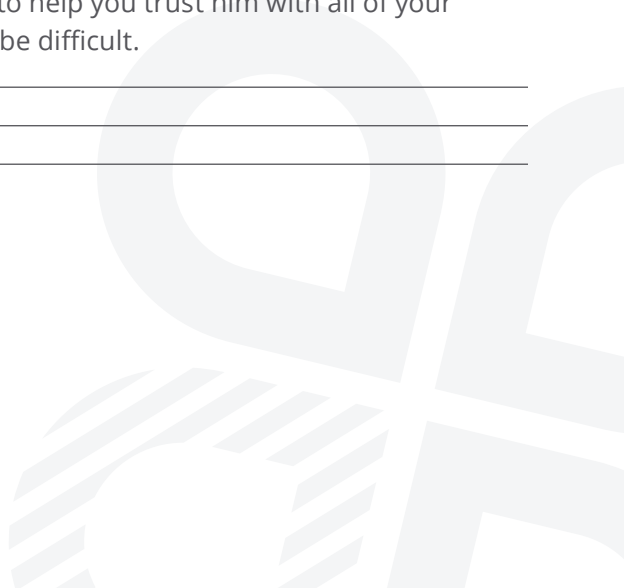
Write any observations that stand out to you from this scripture:

APPLICATION:

God wants our full trust in Him. During this fast you might have something specific on your heart that you are asking God to change or help with. Ask yourself this question today, in what areas is it hard for me to trust God and in what areas do I think He is not trustworthy? Do I fully trust that He can change the circumstance at hand? Even though he may not change the circumstance, He always wants us to trust him.

PRAYER:

Today for your prayer, tell God the things that are hard for you trust him with. Ask him to help you trust him with all of your heart, even when it can be difficult.



DAY 3

SCRIPTURE: PSALM 10:14 (NIV)

¹⁴ You, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to you; you are the helper of the fatherless.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

God's heart is to be a helper to those in need. God is able to see troubled people as those in need of help because He is the ultimate helper to those who have needs. How amazing is it that our God can see through the surface and into everyone's heart. Today as you go about your day, ask God to help you see beyond the surface. For example, someone who may be short tempered with you at work might have had a hard day at home. May we be people who see the grief in those who hurt.

PRAYER:

Today, ask God for his heart for the people he has placed in your life. God has placed you in your city, community, family, position, for a reason.



DAY 4

SCRIPTURE: MATTHEW 9:6 (NIV)

⁶ But I want you to know that the Son of Man has authority on earth to forgive sins.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Jesus came so that we could enter into heaven. We gain that privilege when we acknowledge Him as Lord and continue to walk in purity. If we give Jesus permission to forgive us by expressing what those sins are, He will stand in place of us on judgement day taking our blame. What in your life do you need forgiveness for?

PRAYER:

Admitting where we went wrong is often very difficult. Today ask God to show you what it is that you need forgiveness for and for the strength to ask for forgiveness.



DAY 5

SCRIPTURE: PSALM 11:7 (NIV)

⁷ For the Lord is righteous, he loves justice.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Life can be busy and tough at times can't it? Deep breath, we all feel that weight. In this scripture, David declares characteristics of God. In doing this, David is worshipping God. When we fix our eyes on Him, our perspective changes. We are no longer looking at our to-do list in comparison to time, we are now looking at the magnitude of our God in comparison to our stress. Our perfect God is worthy of praise. Write down characteristics of God: *father, perfect, holy, just, etc.*

PRAYER:

Express your love to your Heavenly Father.
Worship Him for who He is.



DAY 6

SCRIPTURE: PROVERBS 3:13-15 (NIV)

¹³ Blessed are those who find wisdom, those who gain understanding, ¹⁴ for she is more profitable than silver and yields better returns than gold. ¹⁵ She is more precious than rubies; nothing you desire can compare with her.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Today's application is simple. Ask for God's wisdom in your life. Asking for wisdom from God each day is a great habit to cultivate.

PRAYER:

On day one, we saw the commitment David made as a prayer to God. Today, write a commitment out to the Lord to ask for wisdom from Him and to use it when it comes your way.



DAY 7

SCRIPTURE: PSALM 13:5-6 (NIV)

⁵ But I trust in your unfailing love; my heart rejoices in your salvation. ⁶ I will sing the Lord's praise, for he has been good to me

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

"Don't wait to feel good before you do good. Do good and then you will feel good." This is a quote that pairs well with this scripture because when it comes to trust, we often hand it out once it is earned. The problem with this is that we don't always know what's right and so we withhold trust from God because we think a situation should look different than it does. Today's challenge is to choose trust not just when you feel like trusting Him.

PRAYER:

Tell God what you need Him to do in your life and trust he will do what he knows is best.



DAY 8

SCRIPTURE: MATTHEW 11:28-30 (NIV)

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Have you ever played hide and seek as a kid? There is always that one friend who was very creative and could find the best hiding spot. This is the role rest tends to play in our lives. It's the hard friend to find; but, we always feel like we have won big when we finally find it. Today, look for areas in your normal day routine that you can find rest and then take it! There might be more resting moments in a day than you realize.

PRAYER:

The Lord offers a different kind of rest; He offers rest that quiets the soul. Pray the Lord helps you find this kind of rest today.

DAY 9

SCRIPTURE: PSALM 15:1-5 (NIV)

¹ Lord, who may dwell in your sacred tent? Who may live on your holy mountain? ² The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; ³ whose tongue utters no slander, who does no wrong to a neighbor, and casts no slur on others; ⁴ who despises a vile person but honors those who fear the Lord; who keeps an oath even when it hurts, and does not change their mind; ⁵ who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.

OBSERVATION:

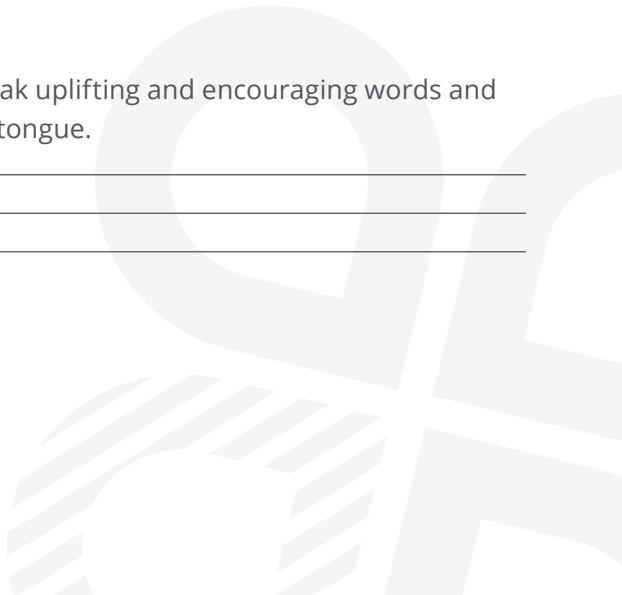
Write any observations that stand out to you from this scripture:

APPLICATION:

The type of person we are makes a difference in the lives of those around us. Today don't say anything negative to the people in your life. Be cautious with the tones and words you use, they truly impact people.

PRAYER:

Ask God to help you speak uplifting and encouraging words and to honor Him with your tongue.



DAY 10

SCRIPTURE: PROVERBS 3:27-30 (NIV)

²⁷ Do not withhold good from those to whom it is due, when it is in your power to act. ²⁸ Do not say to your neighbor, “Come back tomorrow and I’ll give it to you”—when you already have it with you. ²⁹ Do not plot harm against your neighbor, who lives trustfully near you. ³⁰ Do not accuse anyone for no reason—when they have done you no harm.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Yesterday, you were challenged not to say anything negative. Today the challenge is to check your motives behind what you do or say. Are you withholding love from someone in your life? Struggling to forgive a friend? Ask your self this question today, “*why do I do what I do?*”

PRAYER:

God is perfect and He wants to purify us. Ask God to purify your motives and help you to always do what is right.



DAY 11

SCRIPTURE: PSALM 17:6-7A (NIV)

⁶ I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. ⁷ Show me the wonders of your great love

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

God will answer us when we call upon Him. Sometimes it may not look the way we expect; however, he never leaves nor forsakes us. Today focus on building a habit of calling upon God in all situations. Frustrated with a coworker? Call upon Him. Hurt by a friend? Call upon Him. Joyful by a situation? Call upon Him. He will hear your prayers.

PRAYER:

Tell the Lord how much he means to you.



DAY 12

SCRIPTURE: MATTHEW 13:31-32 (NIV)

³¹ He told them a parable: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field.

³² Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Even though a mustard seed is tiny, when it's healthy it grows into the largest garden plant. Let this encourage you today, no matter where you are in your faith journey it can grow into the greatest of faith journeys! What matters most is how and where you are planted. Are you in a place where your faith has space to grow? If not, what changes need to be made in order to answer that question yes. If yes, who are you sharing your faith journey and mentoring someone who would answer no to the initial question?

PRAYER:

Based on how you answered the above question, pray over your situation accordingly.

DAY 13

SCRIPTURE: PSALM 18:16-19 (NIV)

¹⁶ He reached down from on high and took hold of me; he drew me out of deep waters. ¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me. ¹⁸ They confronted me in the day of my disaster, but the Lord was my support. ¹⁹ He brought me out into a spacious place; he rescued me because he delighted in me.

OBSERVATION:

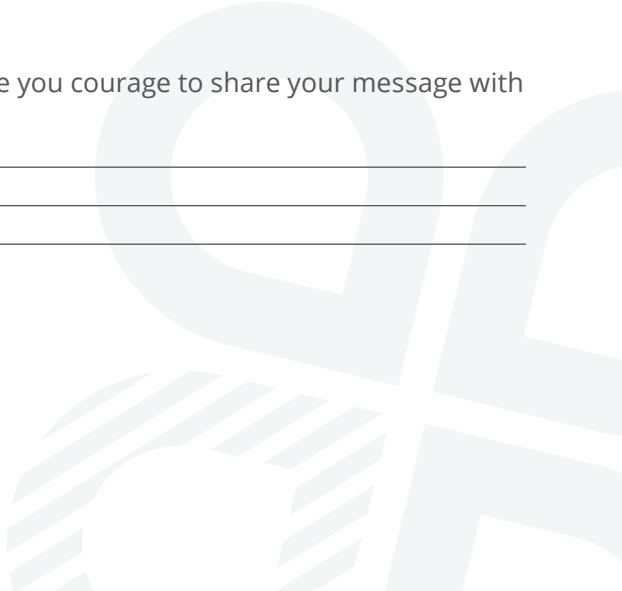
Write any observations that stand out to you from this scripture:

APPLICATION:

God can take our mess and turn it into a message. The hardship you are going through or have gone through might be the story someone needs to hear in order to help them through their hardship. God rescues everyone from their powerful enemy. He will continue to rescue you because he delights in you! Share that encouragement with someone today, whether its at work, at home, on the phone or through social media.

PRAYER:

Pray that God would give you courage to share your message with someone in your life.



DAY 14

SCRIPTURE: PROVERBS 4:11-13 (NIV)

¹¹ I instruct you in the way of wisdom and lead you along straight paths. ¹² When you walk, your steps will not be hampered; when you run, you will not stumble. ¹³ Hold on to instruction, do not let it go; guard it well, for it is your life.

OBSERVATION:

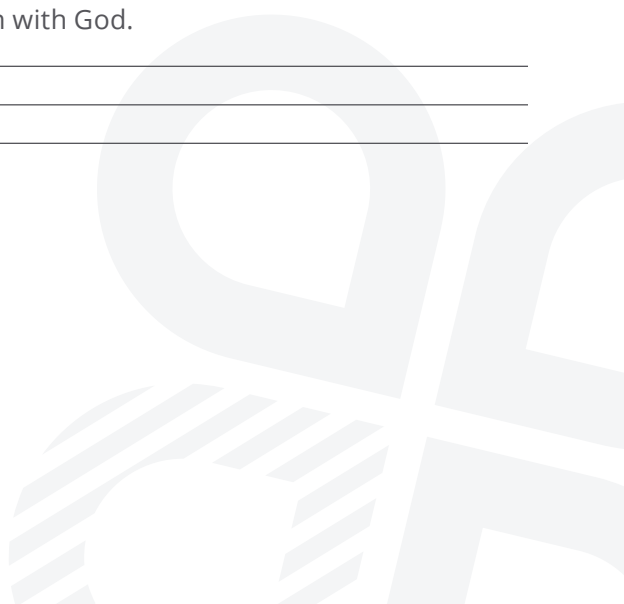
Write any observations that stand out to you from this scripture:

APPLICATION:

Are you still asking God for wisdom each day? If not, today is a good day to pick that habit back up. When we walk in Wisdom we are walking down a straight path where we will not stumble. The word urges us to guard instruction from God with our lives. Obviously, wisdom is a very important thing to be praying for. Today ask God for wisdom.

PRAYER:

Reflect on times in your life you made both wise and unwise choices, talk about them with God.



DAY 15

SCRIPTURE: PSALM 18:46 (NIV)

⁴⁶ The Lord lives! Praise be to my Rock! Exalted be God my Savior!

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Every Easter churches around the world gather to celebrate the good news that Jesus has risen from the dead. Today is another great day to celebrate this reality. We don't need to wait until Easter to praise him for conquering the grave and rescuing us from our sinful ways!

PRAYER:

Write words of gratitude and worship to Him for defeating the grave.



DAY 16

SCRIPTURE: MATTHEW 15:30-31 (NIV)

³⁰ Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them. ³¹ The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

What are the things you or a loved one need healing for? Today you can do exactly what the people did in this scripture, lay your requests at the feet of Jesus. How do you do this? In your prayer section today instead of just writing a prayer, take time to close your eyes and envision Jesus physically there with you. Have a conversation with Him telling him the needs that you or your loved ones have!

PRAYER:

After you have taken the time to pray with your eyes closed, envisioning a face to face conversation with Jesus, write down that experience here.

DAY 17

SCRIPTURE: MATTHEW 17:5 (NIV)

⁵ While he was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!"

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Picture a mom or dad introducing their son with pride to someone. This is what God does with you! He says, He is my son, She is my daughter. I am proud, I am pleased, I love her/him. This truth can be hard to believe because it is easy to compare what you know to be true about yourself to what you think you know about someone else. Amazingly, God knows the depths of our hearts (good and bad) and loves us the same!

PRAYER:

Thank God for the love He has for you!



DAY 18

SCRIPTURE: PROVERBS 5:7 (NIV)

⁷ Now then, my sons, listen to me; do not turn aside from what I say.

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

God has called us to live in a certain way. The more consistent we are with church, life groups, and studying the word on our own the more we will get to know what God is asking of us. He has called us to stay in-tune with him and not stray away. What is your “next step” to take in your walk with God. If you are not sure, reach out to a close friend, mentor, pastor and ask for guidance!

PRAYER:

Ask God for wisdom to know what these next steps might be and who you could ask for guidance along the way.



DAY 19

SCRIPTURE: MATTHEW 18:18-20 (NIV)

¹⁸ “Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. ¹⁹ “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. ²⁰ For where two or three gather in my name, there am I with them.”

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Today's challenge is to do what this scripture encourages us to do... gather with two or more and pray! Call or meet up with someone in your life and pray over the requests you laid out in the beginning.

PRAYER:

Write a prayer for someone in your life.



DAY 20

SCRIPTURE: PSALM 23:1-4 (NIV)

¹ The Lord is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ He refreshes my soul. He guides me along the right paths for his name's sake. ⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

OBSERVATION:

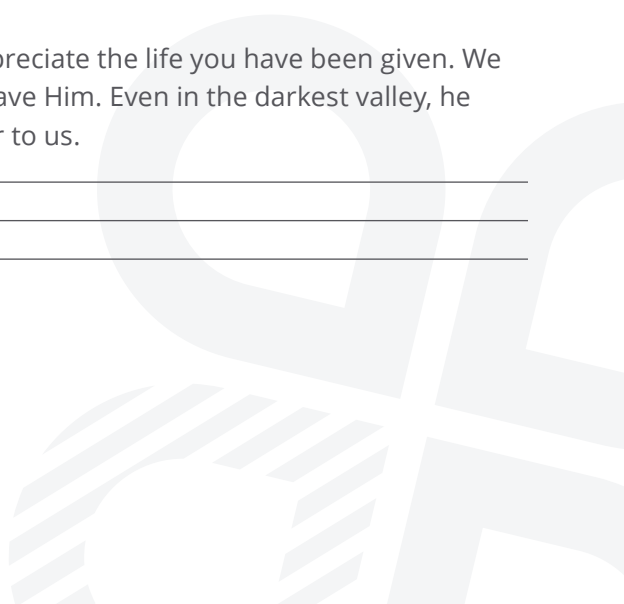
Write any observations that stand out to you from this scripture:

APPLICATION:

There is nothing we lack when the Lord is leading us. Culture might tell us differently; but scripture tells us that with Him we are complete. It's not always easy to hold on to this truth when the world around us shows us all we could have, but don't. Instead of looking at the world through the lens of what you do not have, today pay attention to all that you do have.

PRAYER:

Ask God to help you appreciate the life you have been given. We lack nothing when we have Him. Even in the darkest valley, he comforts and stays near to us.



DAY 21

SCRIPTURE: PROVERBS 6:8 (NIV)

⁸ Who is this King of glory? The Lord strong and might

OBSERVATION:

Write any observations that stand out to you from this scripture:

APPLICATION:

Through this time of fasting I am sure you have learned so much. Prayerfully, you have learned what this squighter declares, that the Lord is strong and mighty. Today make a list of all that you have learned from these past three weeks!

PRAYER:

Ask God to help you continue in all that you have learned.



CONCLUSION

Continue in what you have learned and have become convinced of. – 2 Timothy 3:14

Hold onto all that you have learned these past 21 days. It doesn't have to end here. You can continue in what you have learned, by continuing to use this SOAP method in your own journal. If you are not sure what to read in the Bible, we have a Bible plan that is easy to follow. We hope you continue to journal and engage with scripture like you have these past three weeks.



