

The background of the entire image is a topographical map with brown and tan contour lines. In the center, an open book is visible, showing text on its pages. Overlaid on the book and the map is the title text in a bold, black, sans-serif font with a thin white outline.

PHILIPPIANS

21 DAYS OF PRAYER



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Love God • Love People

The S.O.A.P. Method

To enrich our lives as Christians, it's important to hear from God daily through His Word! As we read the Bible, we begin to see how God responds to things. Doing daily devotions reviews the way we think, transforms the spirit of our mind, and helps us become more like Jesus! The S.O.A.P. method is a simple and excellent way to both record and process what God has spoken to you. It's also a useful tool to use at a later time when you want to reflect on and review some of the 'gems' that you have received.

Without writing them down, you may forget those blessings and important revelations. Furthermore, while journaling is a very personal time with the Lord, you may want to share some of your daily journaling with your community or spouse, so having a written record becomes very important. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight, and even encourage others. All you need to begin is a Bible, pen and a journal!

How to Use S.O.A.P.

Scripture - Read Scripture every day.

Observation - What stuck out to me worth noting?

Application - How can I practically apply what I read today to my life?

Prayer - Ask God to change our hearts and apply His word as we live.

Day 1

Scripture: Philippians 1:2

"May God our Father and the Lord Jesus Christ give you grace and peace."

Additional References:

2 Corinthians 12:9-10 & Ephesians 2:8-9

Observation:

Application: The power in this verse is not only in what God has provided. We must choose to accept and believe that His grace and peace are actually for us (not just for others). God's grace and peace are for you! What does that mean? His grace is the favor of God. Peace is being made right with God and the hope of His goodness in every area of our lives. We need ALL of those things! What stands in the way of you believing God's grace and peace are for you?

Prayer: Lord, it is so much easier to believe Your goodness is for others. I know myself and I know what I deserve. Please align me with the truth that I am the object of Your affection, desire, and blessings. Today I receive Your grace and peace to the deepest and most hurting parts of my life. Amen.

Day 2

Scripture: Philippians 1:3-5

“Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now.”

Additional References:

Proverbs 27:17 & I Thessalonians 5:11

Observation:

Application: Relationships matter. These verses are a prayer (earnest request) for others to be deeply blessed and fulfilled. Who has the Lord used in your life to reveal His goodness? Who has the Lord put on your heart today so you can believe for His blessings in their life?

Prayer: Jesus, thank You for the people in my life who reveal so much of Your goodness to me in so many ways. Please help me show them how much they enrich my life and please help me bring life and kindness to those around me today. Amen.

Day 3

Scripture: Philippians 1:6

“And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns.”

Additional References:

Isaiah 41:10 & Hebrews 6:19

Observation:

Application: What are you certain about? You can be certain that you know Jesus and certain that your life is different because of Him. Based on that you can also be certain that His continued work in your life will be good for you and those around you. What uncertain area of your life do you need to decide to be more certain about today based on Who you know Jesus to be?

Prayer: Jesus, thank You for the stability, sanity, and security You have brought into my life. Please reveal areas of my life that currently are opportunities for me to trust You more. Please bring certainty to those areas that currently are plagued with uncertainty. Please be my firm Foundation and my Hope for the future. Amen.

Day 4

Scripture: Philippians 1:9

"I pray that your love will overflow more and more and that you will keep on growing in knowledge and understanding."

Additional References:

Proverbs 3:5-6 & Isaiah 26:3

Observation:

Application: When we consider the fact that God's love flows to us this verse infers that the flow can range from being "more and more" or we can infer it can also be less and less. God wants us to experience the lavish flow of His love. What can you do to be more aware of His lavish love flow to you? He also wants us to have "knowledge and understanding" (discernment) to know how to navigate life in the best way possible. Where can you grow in your knowledge and understanding of God in this moment?

Prayer: Jesus, please help me to become more and more aware of the constant flow of Your love towards me based on who I am and not based on my performance (good or bad). Today I ask You to also help me grow in my knowledge and understanding of Your ways. Amen.

Day 5

Scripture: Philippians 1:20

"For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die."

Additional References:

I Samuel 16:7 & Ephesians 4:25

Observation:

Application: It can be challenging to "be bold for Christ" when we know we fall very short in representing Him perfectly. How can you be both authentic about who you are while also bringing Him honor today?

Prayer: Lord, I confess it is never easy to show my weaknesses and shortcomings. Please help me to be authentic in who I am today. Please help me to be ready to prioritize making You look great today rather than trying to make myself look good. Amen.

Day 6

Scripture: Philippians 1:25

“Knowing this, I am convinced that I will remain alive so I can continue to help all of you grow and experience the joy of your faith.”

Additional References:

James 1:2-3 & I Peter 1:8-9

Observation:

Application: Paul made it one of his goals to help others “grow and experience” their faith in a way that brought joy. How do you experience joy and what can you do to grow in your joy? And while you are considering those important questions how can you help others do the same?

Prayer: Jesus, joy seems to be sparse and also terribly needed in me and in everyone around me. We are parched for any drop of joy that might be available to us. Please help me to experience Your joy in my life and help me to somehow also let Your joy come through me to those around me today. Amen.

Day 7

Scripture: Philippians 1:27

“Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News.”

Additional References:

Psalms 133:1 & I Peter 3:8

Observation:

Application: Unity is a concept that is under assault in our world today. Marriages, families, nations, churches, and relationships of every kind are under attack and not “standing together.” What can you do to bring people together today? Rather than fighting with those around us let us ask the Lord to help us to fight together. How can you be part of that today?

Prayer: Lord, I want to be available to You to be used in ways to bring unity and a feeling of togetherness with those I interact with today. Please make me aware of schemes to disrupt unity and aware of opportunities to bring grace and kindness to those around me. Amen.

Day 8

Scripture: Philippians 2:3-4

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others too.”

Additional References:

II Chronicles 7:13-15 & James 4:6-10

Observation:

Application: Others. What do they think of us and what do we think of them. All of us put effort into trying to improve the opinion others have of us. All of us have limited amount of time and effort available to us. How can you improve the lives of others by thinking less of yourself and less about what they might think about you?

Prayer: Jesus, pleasing people and worrying about what they think is a human trait that is a silent life sucker to most of us. Please release me from the tyranny of caring what others think of me. Instead of trying to work to gain their approval please help me work to give them my attention, my kindness, and my love. Amen.

Day 9

Scripture: Philippians 2:12b-13

“And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases Him.”

Additional References:

Acts 4:10 & Galatians 2:20

Observation:

Application: The work Jesus did on the cross for us is completely finished and we get to live out the fulness of all He provided for us. We don’t need to “work hard” to earn anything. We get to “work hard” to show the world how awesome our freedom, power, and life change is through Jesus. How do those around you get to see the awesome power of Jesus through your life?

Prayer: Jesus, I constantly assume I need to do things to prove my love to You. You want me to trust You and to obey You. Today I want to be secure in Your love for me and I also want to do what I can to love those around me knowing You deeply love them. Love them through me today. Amen.

Day 10

Scripture: Philippians 2:14-15

“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.”

Additional References:

Luke 6:45 & I Thessalonians 5:18

Observation:

Application: The word used here for “complaining and arguing” is the same word that was used about the people of Israel when they wandered and muttered in the wilderness. What they said may have been true, but it brought zero life to those around them and only made matters worse. God has called us to be light, life, and love to those around us. The light will shine bright in contrast to the cacophony of muttering all around us. What is trying to dim your light? How can you shine more brightly today?

Prayer: Lord, Your Word says that our words are an overflow of our hearts. Please help me to be grateful, generous and positive in what I say. May that come from my heart that is strengthened and healed by Your continual work deep inside of me. Amen.

Day 11

Scripture: Philippians 2:17

“But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy.”

Additional References:

Habakkuk 3:17-19 Philippians 1:20-25

Observation:

Application: We have a choice to rejoice in all things. What is your “even if” that makes it hard (or even virtually impossible) for you to rejoice? We get to choose to give “an offering to God” and He knows exactly what every one of those offerings costs us. Take a moment and consider how pleased God is with your offerings because He knows what that (insert offering here) cost you to give to Him.

Prayer: Around Christmas and on some birthdays we have people that we want to bless with a gift but we have no idea what they really want. What could my God possibly want? You want me. You want me to trust You with everything. You want what may cost me greatly, but You will replace it with joy. Please help me to trust You and offer You anything You might nudge me to offer to You. Amen.

Day 12

Scripture: Philippians 3:1

“Whatever happens, my dear brothers and sisters, rejoice in the Lord. I never get tired of telling you these things, and I do it to safeguard your faith.”

Additional References:

Proverbs 17:22 & Romans 15:13

Observation:

Application: Scholars say that joy is the “golden thread” woven through the whole letter of Philippians. Paul never got tired of telling them to rejoice because he knew they needed the reminder and because he knew it would keep their faith secure. How much of your rejoicing is based on circumstances and feelings? How much of your rejoicing is based on your faith regardless of circumstances and feelings?

Prayer: Oh Lord I love to rejoice, but I confess that it is unnatural and difficult to rejoice when life is exhausting, frustrating, scary, and hard. Today I ask You to help me deepen my faith by defiantly rejoicing when everything in me wants to do the opposite. I want to grow today. Please help me. Amen.

Day 13

Scripture: Philippians 3:3b-4

“We put no confidence in human effort, though I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more!”

Additional References:

Psalms 46:10 & Colossians 1:29

Observation:

Application: If anyone had legitimate reasons to have confidence in who he was and what he had done it was Paul. In writing this he makes it abundantly clear that none of us have any reason to trust in our effort. Zero! Our hope is only in Jesus and what He has done. What subtle ways does the enemy try to get you to believe you have/can earn your salvation or your good standing with God

Prayer: Jesus, the enemy is smooth in how he tries to get me to believe my actions can either make my standing with You better if I do good things and worse if I do bad things. Please help me to trust You for what You did on the cross and live out of what You did instead of trying to achieve love I already have from You. No striving! Amen.

Day 14

Scripture: Philippians 3:7-8

"I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For His sake I have discarded everything else, counting it all as garbage, so that I could gain Christ."

Additional References:

John 30:30 & Galatians 4:8-9

Observation:

Application: When we were kids there were things we thought held incredible value only to find that they were common or just valuable to little kids. As we grow in God we also mature in our understanding of what is valuable. What did you once value only to learn that it is not that big of a deal? What is something that you once thought mattered to God and now you realize it matters much less to Him?

Prayer: Lord, as I grow in You I want to learn to love what You love and to reject what You reject. There are still things that get my attention and effort that are not important to You. I want to choose to put those things aside in favor of what You have for me. I want to reject things that I know You don't like, but I also want to do my best to put good things away in favor of the best things according to Your values. Please help me, Lord. Amen.

Day 15

Scripture: Philippians 3:14

"I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

Additional References:

Isaiah 30:21 & John 10:27

Observation:

Application: To accept Jesus as our Savior we heard (sensed) His voice calling us to Himself. His calling is not a momentary thing. He will continually draw us and call us towards Himself. How are you aware of the Lord communicating with you in your day to day life? There is not a certain way this happens, but He is certainly communicating with you to encourage you, warn you, love you, and direct you. How can you do your part to give Jesus more of your focus so you receive His communication? He is calling you.

Prayer: Lord, please help me to not making communication with You one sided. I want to communicate with You, but I also want to learn how to discern and hear what You have to communicate to me. I want to give You space, lean in, and sense what You might be saying to me. I am not expecting an audible voice, but I am expecting You to help me learn to sense Your calling. Amen.

Day 16

Scripture: Philippians 4:4-5

“Always be full of joy in the Lord. I say it again — rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.”

Additional References:

Psalm 27:6 & John 17:13

Observation:

Application: “Always be full of joy in the Lord” is only possible IF we are connected to our Source of joy- Jesus. We leak joy. Life sucks joy out of us. We get bumped and joy spills out of us. We must be connected and constantly replenish our joy from our Source. When He is our Source of joy we can be aware (and considerate) of those around us. How different are you to those around you when you are full of joy compared to when you are half-full or even empty?

Prayer: Lord I love the times that I am aware of Your presence and I feel Your love, peace and joy. Those times are amazing. I want to not only live for those moments, but I want to learn to allow You to fill me at random times, especially when I have absolutely no joy. Help me to humbly turn my focus to You and trust You to fill me. I know that is what You want to do. Please help me to come to You more often than ever. I need You, Lord. Amen.

Day 17

Scripture: Philippians 4:6

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.”

Additional References:

Isaiah 41:10 & John 14:1

Observation:

Application: The word “instead” is so important. Paul acknowledges what we naturally do and then invites us to trust the Lord to help us choose something better “instead.” Yes! We all have our natural ways of doing things and God invites us to a better way. Rather than us look to ourselves for solutions He invites us to look to Him “instead.” What do you need to tell Him today? What do you need to thank Him for today?

Prayer: Lord, today I want to focus on You so that I can move from what I normally think or do to what You would invite me to think or do “instead.” I want to involve You in everything I think, say, and do today. I know You know I will not be able to do this perfectly, but I want to improve in how much I involve You by communicating with You today. I want to pray, I want to listen. Please help me Lord. Amen.

Day 18

Scripture: Philippians 4:7

“Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Additional References:

Isaiah 26:3 & Luke 12:22

Observation:

Application: Deep peace is so foreign to us. God wants to develop peace in us as we grow in our confidence and experience in Him. Perhaps you can identify all kinds of things and people that you had hoped would bring you peace. Nope. How have you experienced the peace of God in your life? What is an area of your life you would like Him to help you know His peace today?

Prayer: Jesus, I invite You to direct me to sources of turmoil in my life and invite me to experience Your peace in the midst of those storms. I also invite You to use me to bring peace to people who are encountering all kinds of storms. I want to trust you to do a deep and peaceful work in my heart and in the hearts of those dear to me. Amen.

Day 19

Scripture: Philippians 4:8

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

Additional References:

Romans 12:2 & Corinthians 10:5

Observation:

Application: Our minds are literally a battle ground. We get to choose what has access, but our enemy is rude, inconsiderate, and cunning. The Holy Spirit will help us filter our thoughts with the criteria listed in this verse, but we must choose to use that filter. Which of those criteria is most necessary for you to use so that your thoughts are more “excellent and worthy of praise?”

Prayer: Oh Lord my mind can be such a chaotic place. Sometimes I find it hard to believe that it is up to me to determine what has access to my mind. Please help me to utilize the authority and power you have given me to have authority over my thoughts. I need You, Jesus. Amen.

Day 20

Scripture: Philippians 4:11

“Not that I was ever in need, for I have learned how to be content with whatever I have.”

Additional References:

I Timothy 6:6-7 & Hebrews 13:5

Observation:

Application: You are learning. You are not where you once were and you are not yet where you will eventually be. You are learning. Contentment is hard to achieve in a world that constantly screams, “You need more because you are not enough!” What is true? The Lord wants you to learn what satisfies you and what brings you fulfillment. What gives you deep fulfillment and joy? What do you think might bring you joy, but now realize it is just a mirage that will end up disappearing and leaving you empty?

Prayer: Jesus, You know I have chased so many dreams and hopes only to have them never deliver on their promises. You have also led me to some shockingly satisfying moments, relationships, and victories. Please help me to grow in my ability to discern what will lead to contentment and what will only lead to discontentment. I am still easily deceived and distracted Lord. Please help me. Amen.

Day 21

Scripture: Philippians 4:12-13

“I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”

Additional References:

Psalms 37:3-5 & Matthew 6:33

Observation:

Application: Many of us have heard about how we can do “all things through Christ,” but why do you think that is written right after Paul mentioned his “secret of living in every situation?” Contentment and confidence in your God provides a powerful foundation leading to amazing results. Adding Jesus to your efforts is not like a can of spinach for Popeye. Growing in confidence and contentment is the true source power. How can you grow in your contentment and confidence in Jesus today?

Prayer: Jesus, life often feels a bit like a rollercoaster in the dark. The track behind me has been dizzying and disorienting and I never know what is coming. I still want to figure it all out, but today I choose to surrender to You so that I can rely exclusively on You and Your strength. Today may go up, down, left, right, or all of those directions, but my focus and confidence are on the fact that I am embracing You, Jesus! Amen.



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