



## Personal Strategies for Diligent Seeking in 2026

### 1) Start a Bible Reading Plan (and stick to it)

- **Pick a Plan:**
  - *Whole Bible in a Year* (OT/NT daily, plus Psalms/Proverbs).
  - *NT in a Year* (shorter daily readings for beginners).
  - *5x5x5* (5 minutes, 5 days a week, 5 ways to dig deeper).
- **Method:** Use **S.O.A.P.** (Scripture, Observation, Application, Prayer).
- **Habit Stacking:** Tie reading to an existing habit (first coffee sip, commute audio, lunch break).
- **Tool:** Choose print or app and set reminders. Move it to your first screen.

### 2) Develop a Sustainable Prayer Rhythm

- **Daily Rhythm:**
  - **Morning:** Adoration & surrender (Matthew 6:33).
  - **Midday:** Intercession (for others, wisdom for decisions).
  - **Evening:** Examen (review day, confess, give thanks).
- **Framework: ACTS** (Adoration, Confession, Thanksgiving, Supplication).
- **Micro-Prayers:** 30-second “breath prayers” throughout the day (“Jesus, teach me to seek first.”).

### 3) Practice Fasting Strategically (with wisdom)

- **Start Small:** One meal/one day per week; use time for prayer/Scripture.
- **Types:**
  - **Normal fast:** Food only (drink water) or 6 am – 6 pm.
  - **Daniel fast:** Whole-foods focus for a set period, 6 am – 6 pm.
  - **Media fast:** Detox from social media/news to re-center on God (1 Day, 3 Days, 1 Week).

- **Heart Posture:** Fasting is not bargaining; it’s hunger for God (**Isaiah 58** posture).
- **Health Note:** *If you have medical conditions, choose non-food fasts or consult a professional.*

### 4) Seek Together (Community & Accountability)

- **Join a Group:** Scripture discussion + prayer practice.
- **Accountability Partner:** Share goals; check-in weekly.
- **Serve:** Seeking God naturally overflows into seeking the good of others—pick one missional act per month.

#### Refresh Church - 7-Day “Seek First Week”

- **Day 1 - Monday: Matthew 6:33** meditation; set priorities list for 2026
- **Day 2 - Tuesday: Isaiah 55:6–7**—practice confession and receive mercy.
- **Day 3 - Wednesday: 1 Chronicles 16**—corporate worship night or family worship at home.
- **Day 4 - Thursday: Psalm 119**—start S.O.A.P. journaling. (Scripture, Observation, Application, Prayer)
- **Day 5 - Friday:** Fast one meal; pray for wisdom & strategy for the year.
- **Day 6 - Saturday:** Silence & solitude (30–60 minutes); listen and write what you sense God saying.
- **Day 7 – Sunday:** Community check-in; Worship & share one “seek” testimony.