

*spiritual
practice:*

Bible Reading
& Prayer



southridge

Don't have a Bible of your own?

FREE ONLINE BIBLE:

<https://www.biblegateway.com>

FREE BIBLE APP:

<https://www.youversion.com/the-bible-app/>

FREE HARD COPY:

Stop by our Welcome Centre on a Sunday morning and ask for a free paperback Bible.

The Bible is not a textbook, a history book or an “owner’s manual for life,” but a library of 66 books, written over many centuries by many authors. Together these books tell the one story of the love of God for humanity, the climax of which is the life, death and resurrection Jesus Christ. We don’t read it just for information, but to encounter the presence of God in its pages. This may sound simple and inspiring, but at times the Bible can also be confusing and difficult to read. It can be hard to know where to start, what it means, or what to do with what we read.

That’s why we want to invite you into the regular practice of reading the Bible. And why we recommend the S.O.A.P. method as a way of helping you read slowly, intentionally, and prayerfully. S.O.A.P. is an acronym that stands for Scripture, Observation, Application & Prayer:

SCRIPTURE:

The first step is to take a small, bite-sized passage and simply read it. Read it slowly. Read it a few times. Read it with your imagination and read it prayerfully. As you do, invite God to highlight a word, phrase or verse – something that stands out to you as you read it. Write down those words.

OBSERVATION:

Now, ask yourself some simple questions about the words you’ve written down. Why did they stand out to you? What do they intend to communicate? Are there any interesting details that provide meaningful context to what you’ve written down. The goal is to make sure you’re appreciating the full meaning of the words and not taking them out of context.

APPLICATION:

Next, reflect on what these words mean to your life right now. How do they speak into your current circumstances? What encouragement, challenge, or inspiration do they offer? How does God want to change your behavior, thinking, or attitude to look more like Jesus? This is where God’s general word to all of us becomes His specific word to you.

PRAYER:

Finally, take a moment to talk to God about what you’ve read and heard. Ask God to give you the faith to believe what you’ve read, the courage to act on it, and the willingness to let His Spirit change whatever needs to change in you. Invite Jesus to continue speaking to you through these words as they come to mind throughout the day.

SUNDAY

Matthew 6:1-18

Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

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.'
For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

MONDAY

Psalm 51

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

TUESDAY

Luke 10:25-42

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

WEDNESDAY

James 2

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

THURSDAY

Psalm 1

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

FRIDAY

1 Corinthians 13

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):

SATURDAY

Acts 5

Scripture (write one verse that catches your attention):

Observation (what did you notice that stood out):

Application (what does this mean to your life right now):

Pray (what does this verse inspire you to pray):
