

S.O.A.P

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

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):

MONDAY

Psalm 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):

TUESDAY

Psalm 3

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

Psalm 4

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 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):

FRIDAY

Psalm 6

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

Psalm 7

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):

(print as needed)

Scripture _____

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):
