

**“Do not merely listen to the word, and so deceive yourselves. Do what it says.” - James 1:22**

**PRACTICE THIS WEEK:**  
**Encountering God Through The Bible**

This week we will encourage you to use the SOAP method of Bible study to dig into the amazing book of Philippians and encounter God there. There will be 2 levels of engagement offered, you can ‘choose your own adventure’ based on the length of time you have – and the level of growth you’re after.

Each daily exercise will start with a Bible Project video highlighting the themes found in Philippians, then move into a SOAP exploration of a specific passage. (Bonus resources will also be included daily for those who just can’t get enough!)

**S.O.A.P. is an acronym that stands for Scripture, Observation, Application & Prayer:**

**S: Scripture:**

Read your selected passage over slowly, prayerfully and attentively a few times, allowing it to engage your imagination and your heart. As you do, allow God to highlight a word, phrase or verse – something that jumps out at you personally. **Write that word, phrase or verse down.**

**O: Observation:**

Take some time to make as many observations as you can about your highlighted piece. Think about what is being said, and by who, why they might be saying it the way they are. What is the surrounding context? What other background information do you have? How and where do you see the heart of Jesus in this? Don’t make conclusions or applications yet, just observe everything you can.

**Write your observations down.**

**A: Application:**

Now consider how this verse might apply personally to your life. In what way does it speak to your own circumstances? How can it help you? How does it challenge you? How does this word from God apply directly to your day-to-day life and how you are learning to follow Jesus?

**Write your applications down.**

**P: Prayer:**

Now that you’ve read and reflected on God’s word and begun the process of application to your life, simply talk to God about it all. Tell him what’s swirling in your head and heart, allow space to listen for what the Holy Spirit is wanting to say to you in return as well.

**You can write your prayer down, or just speak it out loud to God.**

## Monday – Spiritual Practice: SOAP: Philippians 1

**Watch:** Click [Here](#) to watch the Bible Project Video **JUST UP UNTIL THE 3:07 MARK**

Using the S.O.A.P method of study, dig into the text of Philippians 1 as outlined below.

**Level 1:** Read Philippians 1:1-11 (2 minutes)

**Level 2:** Read Philippians 1 (5 minutes)

Scripture

Observation

Application

Prayer

**Bonus Resource:** Check out [bibleproject.com](http://bibleproject.com) for all kinds of helpful Bible study videos.

## Wednesday – Spiritual Practice: SOAP: Philippians 2

**Watch:** Click [Here](#) to watch the Bible Project Video **FROM 3:08 – 6:03**

Using the S.O.A.P method of study, dig into the text of Philippians 2 as outlined below.

**Level 1:** Read Philippians 2:1-18 (2 minutes)

**Level 2:** Read Philippians 2 (5 minutes)

Scripture

Observation

Application

Prayer

**Bonus Resource:** Check out the book [“The Bible Unwrapped” by Meghan Larissa Good](#) to learn how to read the Bible well – and enjoy it in the process!

## Friday – Spiritual Practice: SOAP: Philippians 3-4

**Watch:** Click [Here](#) to watch the Bible Project Video **FROM 6:04 – THE END**

Using the S.O.A.P method of study, dig into the text of Philippians 3-4 as outlined below.

**Level 1:** Read Philippians 4:4-13 (2 minutes)

**Level 2:** Read Philippians 3:7-4:13 (5 minutes)

Scripture

Observation

Application

Prayer

**Bonus Resource:** Check out [“The Bible For Normal People” podcast](#) for all kinds of great discussion and learning on an ongoing basis.