

### **The S.O.A.P. Method**

Step 1. Invite God/Jesus/Holy Spirit to be here (Prayer)

Step 2. **Scripture:** What are you reading today?

Step 3. **Observe:** 2-3 Sentences of what you see, maybe questions, or things that stick out.

Step 4. **Apply:** How does this apply and How does this speak to me?

Step 5. **Pray:** Bring your observations and applications before God

### **Inductive Bible Study Method**

Step 1. Invite God/Jesus/Holy Spirit to be here (Prayer)

Step 2. **Observe:** What does the Bible say? (Who, What, Why, When, How)

Step 3. **Interpretation:** What does the Bible Mean? (Context, Compare, Study)

Step 4. **Application:** How does the Bible apply to me in my life today? (Helping us or telling us?, How does it relate?, How does it apply?)

Step 5. **Prayer:** Bring everything before God

### **Swedish Method**

Step 1. Invite God/Jesus/Holy Spirit to be here (Prayer)

Step 2. **Lightbulb:** What stuck out to you?

Step 3. **Question:** Where do I have question?

Step 4. **Heart:** What is the main idea?

Step 5. **Arrow:** What can apply?

Step 6. **Prayer:** Bring everything before God

### **Parts of Quiet Time**

1. Prayer
2. Scripture
3. Reflection

### **Example Quiet Time (10-15 mins)**

Opening Prayer (1 min)

Scripture Reading ( 5-7 mins)

Reflection and Prayer (5-7 mins)

### **Prayer Ideas for before you start**

1. Ask the Holy Spirit to plant within you the desire to have a daily quiet time.
2. Ask the Holy Spirit to give you strength to set your mind on Christ and His word.
3. Ask the Lord to strengthen your desire and give you power to disciple your use of time.
4. Pray that the joy of the Lord would be restored to your private meeting with Christ
5. Pray that the Holy Spirit will enable your new nature to overcome your old nature in battle
6. Ask the Holy Spirit to restrain the devil.