

 SOAP

## SCRIPTURE

Begin reading a passage in the bible (if reading the bible is new for you, start in one of the gospels: Matthew, Mark, Luke, John). Stop when something jumps out.

Take a moment to rephrase or summarize what has jumped out to you. What is God saying in this? Write it down. Consider why God brought this section/idea/word to your attention. Write these reflections down.

## OBSERVE

1. What words, themes, or phrases stick out?
2. Does the passage present a specific command or promise?
3. What questions does the passage raise for you?
4. What is the surrounding context of the passage, how does this impact what you have just read?
5. Summarize, in a sentence or two, the main idea/principle of the passage.

## APPLY

1. How does the passage connect with your life right now?
2. Does this prompt you to believe something you didn't before? Is God prompting you to do (or not do) something you weren't doing before? Is God prompting you to share something you haven't shared before?
3. Write, specifically, a way to obey God in response to what you just read.

## PRAY

Now talk to God.

1. Praise Him for who He is.
2. Confess where you fall short.
3. Ask for further clarity, guidance and understanding of the passage.
4. Talk transparently with Him about any frustrations, fears, doubt, or confusion.
5. Ask Him for the power to respond and obey.
6. Thank Him for Jesus, His forgiveness and His love, that is your motivation to obey.