

SOAP Method

Daily Bible Reading

First and always - Quick Prayer that God would open your eyes and ears to hear His word and give you a heart of obedience. Scripture is spiritually understood. (Ephesians 1:17)

S: Scripture - Read a short passage.

O: Observe - by reading again and asking:

1. What do I see about God or Jesus in this passage? Journal it.
2. What do I see about people? Journal it.
3. Where am I in this passage? Or what does God want me to see? Ask Him!
Journal it.

A: Apply - How is God calling me to believe or behave differently as a result of what I am seeing? Journal it.

P: Pray

Prayer

Helpful acronym: **ACTS**

A: Adoration - You can pray the truth that you have seen.

- As modeled in the Lord's prayer from the sermon on the mount: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven."
- Reminding yourself who you are praying to, the enthroned Holy God who is in charge. Magnifying God for who He is, praising Him, renewing your mind in the awareness of your heavenly Father and as seen in the Lord's prayer -- praying His will be done over your own.
- (From your Bible reading: you can pray the revelation that you saw in the passage regarding God the Father or Jesus.)

C: Confession/Repentance - You can pray through the application -- what you saw God calling you to believe or behave differently.

- Also confess any sin you are aware of, any that you saw from studying the text. In your confession of sin, repentance is also required. They are not the same thing. You can confess but go right back. Repentance is a turning from sin towards God, and asking Him for His grace to empower you in the moment to truly turn.

T: Thanksgiving - Thank God for what you have seen in His word today and anything else that comes to mind.

- Giving thanks is a gift from God to us. It again reminds us of God's goodness, faithfulness, and mercy over our life. Thanksgiving has all kinds of scientifically proven emotional, psychological, and even physical benefits. Isn't it awesome that over and over again scripture teaches us to give thanks to God and it benefits us so greatly!

S: Supplication - A fancy word for asking. Ask God to help you believe or behave differently.