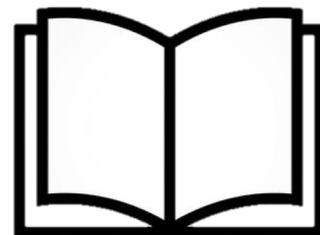


S.O.A.P.

an easy and effective way to study the Bible



As you're reading your Bible, you may want to follow a pattern to organize your thoughts and help you retain what you read. One popular idea is the **SOAP** method.

When you SOAP you write down the **Scripture**, any **Observations** you make, an **Application** to your life, and then end with **Prayer** based on the passage.

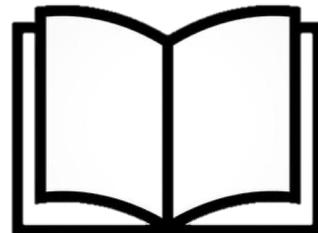
Here's a sample:

S <i>Scripture</i>	"You will keep the mind that is dependent on you in perfect peace, for it is trusting in you." Isaiah 26:3 (CSB)
O <i>Observation</i>	<ul style="list-style-type: none">• You will keep: God designed and sustains us.• Perfect peace: not freedom from suffering or hardship, but a peace in our soul because of the sacrifice of Jesus on the cross.• "Peace that surpasses understanding will guard your hearts and minds in Christ Jesus." Philippians 4:7• Dependent: steadfast, unwavering, devoted• Trust: choice, not based on emotion
A <i>Application</i>	<ul style="list-style-type: none">• God's job: to keep me in perfect peace• My job: to be dependent and trusting• Too often I look inward or outward for peace, instead of upward• Whether or not my surroundings feel peaceful, I can rest in the perfect peace that comes from trusting God• I must not waver in my devotion. Blessing comes from being steadfast.
P <i>Prayer</i>	Lord, thank you for the perfect peace you freely and generously offer to all who would come to you. Help me to train my mind to depend on You, trusting You at all times.

This may feel a little clunky at first. You may not have much to write. And that's okay. Reading the Bible is a habit that we must develop. If you read a passage and don't feel incredibly inspired, that's okay. We don't read for the emotional high. We read out of obedience. Like working out a physical muscle, it gets easier the more you do it. Spiritual weight-lifting takes time and effort.

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Date: _____

<p>S Scripture</p>	
<p>O Observation</p>	
<p>A Application</p>	
<p>P Prayer</p>	