

HOW TO SOAP:

SOAP is a Bible reading method that makes it easier to read, understand and apply Scripture to your life. Follow the steps below and get started.

Requirements: A Bible, a pen, a journal and 15 minutes of your day!

WHERE DO I START?

Great question! We suggest that you start in one of these books of the Bible:

1. John

2 James

3. Proverbs

If you need help finding their location, use your table of contents. Each of these books are easier to understand and apply to your life. Proverbs is especially a great place to start because each chapter is short. There are only 31 chapters in Proverbs, so if you read one a day you will finish in a month.



S
—

SCRIPTURE:

Take your time reading. Ask God to show you something through what you are reading. If it doesn't make sense that's okay! When you're done **look for a verse that stood out to you** and write it down in the margins of your Bible, the notes app in your phone, or a journal! Why did it stand out?



O
—

OBSERVATION:

What do you think God was speaking to you while reading? Write down any particular questions you have or topics that were talked about. Jesus is in every piece of scripture—where did you see Him for the day? **It's okay to be confused after reading.** Think about what made you confused and ask God to help you understand.



A
—

APPLICATION:

This is what the Bible is all about! It's God's manual for our lives. **What did you read that you can apply to your life today?** When you apply scripture to your life you are allowing God to personalize His words to you. This could be an instruction, encouragement, or even correction. Write down how you can apply this scripture today.



P
—

PRAYER:

This is one of the simplest yet most complex parts of the Christian journey! **We get to talk to God, the creator of all things!** Take some time to jot down 2 or 3 things you feel led to pray for after reading for the day. Spend 5 minutes asking God for help, but remember prayer is a two way conversation! God is speaking to you. Take time to listen. Write down what you hear or feel God saying to you through this scripture and prayer.