

# S.O.A.P.

**S** – The S stands for Scripture- you physically write out the scripture...you'll be amazed what God will reveal to you just by taking the time to slow down and actually write out what you are reading!

**O** – The O stands for observation- what do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you?

**A** – The A stands for Application- this is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

**P** – And finally P stands for Prayer. Pray God's Word back to God. If God has revealed something to you during this time through the Word, pray about it. Confess if God has revealed something that needs to be worked on in your life.

Try S.O.A.P. with Romans 8:38-39:

38 For I am convinced that neither death, nor life, nor angels,  
nor rulers, nor things present, nor things to come, nor powers,  
39 nor height, nor depth, nor anything else in all creation, will  
be able to separate us from the love of God in Christ Jesus our  
Lord.

Passages to try S.O.A.P.-ing:

Colossians 1:5-8

Philippians 4:11-12

Psalms 139:13-14

Romans 3:21-26

1 John 4:7-12

Luke 11:33-36

Isaiah 40:25-31