

# S.O.A.P.

S.O.A.P stands for Scripture, Observation, Application, and Prayer. Still confused? Here are four easy steps that'll make you say, "Oh, I get it now."

## STEP #1

Find a verse for the chapter in Scripture you are reading (we write one SOAP for every chapter we read per week -- make three SOAPs if you read three chapters (one per chapters). It can be absolutely anything; a verse you loved or a verse you hated. Try *not* to do the popular, more well-known verses that you've already heard before and understand -- because what will you learn from it? In general, try exploring verses you aren't as familiar with. Once you pick a verse, write out the whole thing and where to locate it in the Bible, and label it under "Scripture."

## STEP #2

Under "Observation," write what the verse means. Of course, you won't always be right, and there are many different interpretations for the same verse. If you think it could mean several things, make sure to write that down.

## STEP #3

Label a section "Application," and under that, write a *practical* way you can apply the verse to your life. If the verse you picked says something like, "Don't steal," write down a reminder that you should always return things when you borrow them -- and check if you haven't done that lately. Again, there are many different applications you can use for the same verse -- it really just depends on the person. Be honest and blunt with yourself, and see if you can actually fulfill it, *not* just think of it as a philosophy.

## STEP #4

Under a section labeled "Prayer," write down a prayer that relates to this verse. If your verse is on patient, ask God to give you patience for others, and ask that He would give you patience if it takes you a while to get the hang of it. But, most importantly, remember: *there is no "perfect" way to pray*. Praying is just *you* talking to *God*. It's that simple. It should be personal, just as if you were talking to an old friend. Prayer is essential in every Christian's life, so be sure to make this a priority.

## PRO TIP:

Normally, SOAPs are written in a journal or on notebook paper, so using highlighters, colored pencils, and other creative desk supplies can bring it to life even more!

## EXAMPLE S.O.A.P.

### SCRIPTURE

Galatians 6:2 -- "Carry each other's burdens, and in this way you will fulfill the law of Christ."

### OBSERVATION

We all know that having to go through something difficult by yourself is really hard -- even with God's help, no Christian is perfect, so a friend to lean on is a huge help. Even though it can be hard to deal with other people's problems (especially if it's their fault), Christians need to be there for each other.

### APPLICATION

The next time I see one of my fellow Christians going through something hard, I'll ask if there is anything I can do, make sure I'm present to comfort them, and -- above all -- pray for them. Yes, it will be hard (no doubt), but it's what Jesus calls us to do, so I'm going to do it.

### PRAYER

Father, thank you for all that You've done for me, and how much You love me. Help me to always be there whenever someone I know is in need, hurting, or tired. Give me strength to be able to help them carry whatever they're going through, and wisdom to help sort it out. Thank you for giving me courage to even try.