

S.O.A.P. Method

Have you ever wondered if you are walking in step with the Lord? Do you feel you could be spending more time in the Word? Your answer is probably "Yes." It can be frustrating sometimes trying to find the time for God and devoting your attention to Him. We must try harder in not "finding" time; instead, we need to be "making" time. Here are some practical steps using the S.O.A.P. method to ensure a daily walk that'll be sure to equip you in your relationship with Jesus Christ.

You'll need three items (Bible, Pen & Journal) to S.O.A.P. each day! For more information on this concept or to see examples of journal entries, visit www.LifeJournal.cc.

S - Scripture

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O - Observation

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

A - Application

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P - Prayer

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

It's quite simple really. Don't get to hung up on "doing this perfectly." This is a time where you can be alone with God. He does not expect you to be perfect or holy. He knows that you are coming to Him out of love, and He is wanting to show the love that He has for you. Below is an example of what this time will look like.

S.O.A.P. Example

Bearing Fruit

WHAT ARE YOU HARVESTING?

1. Scripture: John 15:5-11

⁵*I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me.* ⁶*If anyone does not remain in Me, he is thrown aside like a branch and he withers. They gather them, throw them in the fire, and they are burned.* ⁷*If you remain in Me and My words remain in you, ask whatever you want and it will be done for you.* ⁸*My Father is glorified by this: that you produce much fruit and prove to be My disciples.* ⁹*As the Father has loved Me, I have also loved you. Remain in My love.* ¹⁰*If you keep my commands you will remain in My love, just as I have kept My Father's commands and remain in His love.* ¹¹*I have spoken these things to you so that My joy may be in you and your joy may be complete (HCSB).*

2. Observation: Am I investing more of my time and efforts into the things of this world? What will happen if I continue to alienate myself? Can I count on works and my own understanding? Jesus' discourse emphasizes how I need to remain in Him. If we do not, we will not produce spiritual fruit and therefore, prove to Jesus that we are not His disciples. Apart from Christ, we will never be able to produce what God wants us to produce. We are promised joy only if we abide in Christ. God will receive glory through our faith and obedience in Christ.

3. Application: To abide means to stay in a given place; to holdfast to something. In order to grow spiritually, I must remain in His word, in community with other believers, in prayer, in obedience and servitude. The most important aspect is to allow God to cultivate this growth. As I learn to love others as Jesus loves me, I will begin to produce spiritual fruit and glorify the Father.

4. Prayer:

"Dear heavenly Father, help me to learn what it means to remain in your word and in your Son, Jesus Christ. It is my desire to glorify you with my spiritual fruits. Teach me to abide in your Son and remain in His word." Amen.