



## **Read. Think. Live. Pray.**

*People do not live by bread alone, but by every word that comes from the mouth of God.  
Matthew 4:4*

Here is a time-tested approach that will help us to regularly read the Word, think about the Word, live out the Word, and pray about what God is speaking to us through his Word.

### **Scripture.**

- We read... thoughtfully, leisurely, faithfully.
- Be realistic with the amount that you are reading. It is better to read a little and think a lot instead of reading a lot and thinking a little.
- Look for the verse/word/phrase that speaks to you, stands out to you for some reason. Write "S" on the side of your page and copy down that verse in your journal or app.

### **Observation.**

- This is where we really think about what this text is saying.
- By slowing down, observing & thinking about what are reading, we become more and more familiar with God's voice.
- What do you observe. What do you sense God saying? Write an "O" on the side of your page, and write it down.

### **Application.**

- We can read and think all day, but unless we live out God's Word in our actual lives, we are completely missing the point.
- I start with Scripture; I observe what God is speaking through the text; now I ask how does this apply to my life? Think concretely; respond specifically.
- How will I be different today because of what I have read? Put a letter "A" on the side of your page and write out your response.

### **Prayer.**

- We end our time by talking with God about whatever he has been talking to us about.
- We pray honestly.
- Write "P" on the side of your page and write out your prayer. This slows us down and helps us to be more present in what we are saying, and helps us listen.

# S.O.A.P. NOTES



**Scripture:** Read a passage in the Bible and write down the verse(s) you want to reflect on.



**Observation:** What words, phrases, themes or thoughts stand out to you?



**Application:** In what tangible ways can you apply this text to your life?



**Prayer:** Based on your reflections, offer a prayer to God.

