

S.O.A.P.S. | Meditating on God's Word

The acronym S.O.A.P.S. stands for **S**cripture, **O**bservation, **A**ction step of obedience, **P**rayer, and **S**hare. This simple method of study is designed to help you meditate on God's Word. Biblical mediation can be defined as thinking about scripture over and over again in order to understand and obey it, or put it into practice. When we study the Bible, we are trying to better understand God and His ways, with the goal of listening to God's voice and obeying the leadership of our Lord Jesus. (See *Joshua 1:7 – 8; Psalm 119:33-34; Luke 6:46 – 49; John 5:39-40 and John 10:27*)

STEP 1 Grab a Bible and a notebook or journal.

STEP 2 Pray before you start. Ask the Lord to guide your Bible study. Ex: *"Lord, please guide me as I study your Word."*

STEP 3 Scripture

Read a passage of scripture. After reading the passage, think about how you would summarize or retell this passage in your own words. Consider writing that summary down. As you reflect on this passage, what specific words or phrases grab your attention? What details stand out to you? Maybe it is a specific word or phrase that provokes a question, triggers a thought or stirs an emotion in you. Consider writing down that one specific word or phrase.

STEP 4 Observation

What do you see in this passage? Who are the people involved? What are the key words or ideas? What does this passage teach us about **God**? What does this passage teach us about **people**? What is the message or lesson? Write down a few sentences of observation and summarize in your own words what you think God may be revealing to you.

STEP 5 Action STEP of obedience

How might God want you to personally respond in obedience to this passage? How would your life look differently if you took an action step and put this passage into practice? Try to summarize your specific action step of obedience in 1 sentence. Here are 4 basic ways to respond in obedience to a passage of scripture:

S – Is there a **sin** to avoid or repent of?

T – Is there a **truth** to believe by faith?

E – Is there an **example** to follow?

P – Is there a relational skill to **practice**?

STEP 6 Prayer

Talk to God about this passage of scripture. Maybe ask God to give you greater understanding and wisdom. Maybe ask God to give you the strength to follow through and take this action step. Maybe pray a prayer of thanks for this truth or confess an area of sin. Ask God for help to obey His leadership in your life. Consider writing down a few sentences of prayer as though you were writing a note directly to God, because in a sense, you are!

STEP 7 Share

Is there someone else in your life that needs to hear what God has said to you? Consider someone specific or be prepared to share with someone if God gives you more of an impromptu opportunity in the days ahead.