

DAILY SPIRITUAL PRACTICES

THIS WEEK: SOAP Bible Study

As inspiring and powerful as it is, the Bible can also be confusing and difficult to read at times! It can be hard to know where to start, what it means, or what to do with what we read. Engaging in the *regular practice* of reading the Bible will help to build that spiritual muscle up. We recommend the S.O.A.P. method as a great way to help you read slowly, intentionally, and prayerfully.

S.O.A.P. is an acronym that stands for Scripture, Observation, Application & Prayer:

Scripture: Read the selected passage over slowly, prayerfully and attentively a few times. As you do, allow God to highlight a word, phrase or verse – something that jumps out at you personally.

Observations: Think about what is being said, by who, and why they might be saying it the way they are. What is the surrounding context? What other background information do you have? How and where do you see the heart of Jesus in this? Don't make conclusions or applications yet, just observe everything you can.

Application: Now consider how this passage might apply personally to your life. In what way does it speak to your own circumstances? How can it help you? How does it challenge you? How does it call you to love both God and others better? How does this word from God apply directly to your day-to-day life and how you are learning to follow Jesus?

Prayer: Now that you've read and reflected on God's word and begun the process of application to your life, simply talk to God about it all. Share what's swirling in your head and heart, allow space to listen for what the Holy Spirit is wanting to say to you in return as well.

Monday – What Is The Greatest Love?

Scripture: [Click Here](#) to read **John 15:9-17**

Tuesday – How Do We Love?

Scripture: [Click Here](#) to read **Colossians 3:12-17**

Wednesday – Neighbour-ing Love

Scripture: [Click Here](#) to read **Luke 10:25-37**

Thursday – Choosing What Is Better

Scripture: [Click Here](#) to read **Luke 10:38-42**

Friday – What Does Love Look Like?

Scripture: [Click Here](#) to read **1 Corinthians 13:1-7**