

At **Live Oak**, we believe that reading and reflecting on God's Word is catalytic to your faith. There are many ways to study Scripture, but one method we often encourage is called **SOAPS**.

**SOAPS** is an acronym that helps guide you as you read and reflect on Scripture. Journaling through **SOAPS** helps us hear from God and apply what we read to our everyday lives.

This tool is also great for **discipleship relationships!**

Simply decide on a passage of Scripture with your discipleship partner or group, journal through the **SOAPS** method during the week, and share your takeaways when you meet together.

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## HOW TO START

- 1 Open a blank page in your journal
  - 2 Write the **date** and the **scripture passage** you are reading
  - 3 Read the passage and choose **one or two verses that stand out to you**
  - 4 Begin the **SOAPS process**
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## THE SOAPS METHOD

### **S – Scripture**

Write down the main **Scripture verse or verses** that stood out to you in your reading.

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## O — Observation

What do you notice in this passage?

Ask questions like:

- What is happening?
- Who is involved?
- What does this show me about the character of God, Jesus or the Holy Spirit?
- What stands out to me?

Write what you **observe or learn** from the Scripture.

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## A — Application

Ask yourself:

- How does this apply to my life right now?
- How will my life be different because of what I read?
- If I believe this is true, what should I do?

Write how you will **apply this truth to your life**.

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## P — Prayer

Write a short **prayer to God** based on what you read.

Ask Him to help you **understand, live out, and trust His Word**.

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## **S — Share**

**Consider who you could share this with.**

Sharing with a friend, family member, or small group can:

- encourage others
- deepen your understanding
- strengthen your faith community