

SOAP: Growing As A Disciple Everyday

A disciple is someone who believes the good news of Jesus, obeys Jesus, and makes other disciples of Jesus.

At the foundation of being a disciple of Jesus is the practice of prayerfully reading God's Word everyday. At Soma DNA groups, Missional Communities, and our Sunday gathering are very important, but they are not a substitute for daily devoting our selves to the Word and to prayer. We must give the Holy Spirit time every day to teach us, guide us, and transform us using the Word of God. Its foundational for discipleship.

SOAP a simple process for allowing the Holy Spirit to teach you and guide you using scripture. Set aside 20 minutes a day to SOAP.

What you need:

1. A bible. (NLT is good if you're starting out. Getting a study bibles is good if you want to dig deeper.)
2. A journal. (Use a notebook or a program like Evernote)
3. A bible reading plan. (see plans <https://www.biblegateway.com/reading-plans/>)

S for Scripture

Pray before you read, asking God to highlight one verse or thought He wants you to focus on. Slowly read the passage and then write down one verse that stands out to you in your journal.

O for Observation

Ponder the message of this verse. In your own words, capture what this scripture is saying. Does it provide insight into any of these questions: Who is God? What has God done? Who are we? What do we do?

A for Application

Pray, asking God what you should do in response to this scripture. What is His invitation to you? Write it down and hold yourself accountable.

P for Prayer

Write out a simple prayer, asking God to help you apply what you've learned and thank Him for the power of His Word.

Additional Resources

The Divine Mentor, by Wayne Cordeiro. An inspiring book on using the SOAP process to be led by God.

How to Read the Bible for All Its Worth, by Gordon Fee. This book provides essential insights into scripture so you can grasp its meaning and application to your life.

A Praying Life, by Paul Miller. An excellent book on developing an intimate relationship with God through prayer.