

SOAP

- S (scripture): Write down the scripture that stands out to you
 - O (observation): What is the scripture saying; what's the context
 - A (application): How does the scripture apply to you; what is it telling you to do
 - P (prayer): Write a prayer to God concerning the scripture
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SOAP EXAMPLE

Scripture: Ecclesiastes 2:10-11

I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor and this was the reward for all my toil. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

Observation

Solomon, one of the wisest, wealthiest, and most powerful men that ever walked the earth, set out to experience every pleasure imaginable. He ruled kingdoms, amassed treasures, married princesses of other nations, built palaces and national parks, planted vineyards, owned servants, hired singers for personal entertainment, and even had something referred to as a "harem" (house of women). He had the means and access to gain everything the world had to offer, but in the process he nearly lost his mind and soul.

Application

How could I ever compete with the success of Solomon? If I spent every second of every day chasing what my flesh sometimes yearns for I'd still fall short of what Solomon accomplished. And if all this getting and having didn't fulfill Solomon, why would I think it would fulfill me? Solomon serves as my reminder that the things of this world are deceitful and unfulfilling at best. Knowing Christ is sufficient, so I must strive to deny the flesh of its desires and build up His truth in my life. I don't need to waste anymore time chasing what I already have in Him.

Prayer

Seal your word in me. When temptation comes help me to be reminded of your truth. Help me not to lose sight of all that I have in you.

KEYS FOR SOAP DISCUSSION

- Don't forget pen and notepad, or smart phone, or laptop/iPad
- Journaling should be personal; meant for self reflection and application
- Be social and look for opportunities to build relationships early and often; ok to break up into smaller groups
- Facilitate don't preach and don't tolerate preacher wanna-be's in your group
- Understand the personality of your group and make adjustments as necessary