



# 28 DAYS OF SOAP

**The SOAP Bible study method stands for Scripture, Observation, Application, and Prayer.**

- SCRIPTURE:** Read the scripture passage or passages provided to you. Try reading it through at least 3 times. And perhaps read it through in different translations of the Bible.
- OBSERVATION:** How does this scripture or passage speak to you? What do you believe God is speaking to you?
- APPLICATION:** How can you apply this scripture to your life? Take your time to write in your journal how you are going to apply this passage of scripture in your life.
- PRAYER:** Use the prayer provided for you. Also feel free to write your own prayer and used it as your prayer for that day.

## WEEK 1: BE KIND

**DAY 1** Watch Message - Pull Up a Chair: Be Kind

### **DAY 2**

- SCRIPTURE:** Core52 – Week 32 – The Incarnation
- OBSERVATION:** What are you saying to me through this passage?
- APPLICATION:** How can I apply this Scripture to my life?
- PRAYER:** God, allow me to be your hands and feet here in the world.

### **DAY 3**

- SCRIPTURE:** 1 Corinthians 13:4-7
- OBSERVATION:** What are you saying to me through this passage?
- APPLICATION:** How can I apply this Scripture to my life?
- PRAYER:** God, let me be patient and kind. Help me to not envy or boast. Help me to not be arrogant or rude. Let me not insist on my own way. Allow me to not be irritable or resentful. Let me not rejoice at wrongdoing, but instead to rejoice with the truth. Help me to display the kind of love that bears all things, hopes all things, and endures all things.

### **DAY 4**

- SCRIPTURE:** Proverbs 11:17, Proverbs 15:4, Proverbs 21:21
- OBSERVATION:** What are you saying to me through these passages?
- APPLICATION:** How can I apply this Scripture to my life?
- PRAYER:** God, help my words and actions to be kind.

### **DAY 5**

- SCRIPTURE:** 2 Timothy 2:24, 2 Corinthians 6:6
- OBSERVATION:** What are you saying to me through these passages?
- APPLICATION:** How can I apply this Scripture to my life?
- PRAYER:** God, allow me to be your hands and feet here in the world.

### **DAY 6**

**SCRIPTURE:** Jeremiah 9:24, Ephesians 4:32

**OBSERVATION:** What are you saying to me through these passages?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, let me pursue after justice and offer forgiveness in the name of kindness.

### **DAY 7**

**SCRIPTURE:** 2 Samuel 9:1-13, Acts 28:2

**OBSERVATION:** What are you saying to me through these passages?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, allow me to show the same kindness that David showed Mephibosheth and that the natives showed to Paul.

## **WEEK 2: BE PRESENT**

**DAY 1** Watch Message - Pull Up a Chair: Be Present

### **DAY 2**

**SCRIPTURE:** Core 52 – Week 33 – Love

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, let me demonstrate love to someone who thinks differently than I do.

### **DAY 3**

**SCRIPTURE:** James 1:19

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me be quick to listen and slow to speak.

### **DAY 4**

**SCRIPTURE:** Luke 19:1-10

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, allow me to see the opportunities to engage in meaningful communication with someone who is different from me.

### **DAY 5**

**SCRIPTURE:** Mark 5:24-34

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me seize the interruption with someone You put in my path.

### **DAY 6**

**SCRIPTURE:** Luke 10:25-37

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, allow me to be a neighbor to someone who thinks or believes different than I do.

### **DAY 7**

**SCRIPTURE:** Luke 10:38-42

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me be present with You.

## **WEEK 3: BE BOLD**

**DAY 1** Watch Message - Pull Up a Chair: Be Bold

### **DAY 2**

**SCRIPTURE:** Core 52 – Week 34 - Worship

**OBSERVATION:** What are you saying to me through this reading?

**APPLICATION:** How can I apply this to my life?

**PRAYER:** God, help me to worship You in spirit and in truth.

### **DAY 3**

**SCRIPTURE:** Luke 7:36-50

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to see the grace that has been given to me so that I might give that grace to others.

### **DAY 4**

**SCRIPTURE:** John 8:1-11

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to see the truth I need to see in my own life.

### **DAY 5**

**SCRIPTURE:** Acts 14:1-23

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to share truth gracefully.

### **DAY 6**

**SCRIPTURE:** Luke 10:25-37

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, let the words that come out of my mouth be life giving.

### **DAY 7**

**SCRIPTURE:** John 1:14-18

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, let be full of grace and truth just as Jesus was full of grace and truth.

# WEEK 4: BE SELF-GIVING

**DAY 1** Watch Message - Pull Up a Chair: Be Self-Giving

## **DAY 2**

**SCRIPTURE:** Core 52 – Week 35 - Communion

**OBSERVATION:** What are you saying to me through this reading?

**APPLICATION:** How can I apply this to my life?

**PRAYER:** God, help me to leverage my influence for the good of others.

## **DAY 3**

**SCRIPTURE:** John 13:1-17

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, show me whose feet I can wash.

## **DAY 4**

**SCRIPTURE:** Luke 18:9-14

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to humble myself.

## **DAY 5**

**SCRIPTURE:** Luke 6:27-36

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to love those who are hard to love and expect nothing in return.

## **DAY 6**

**SCRIPTURE:** Philippians 2:3-11

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me empty myself for the benefit of others.

## **DAY 7**

**SCRIPTURE:** Galatians 5:13-15

**OBSERVATION:** What are you saying to me through this passage?

**APPLICATION:** How can I apply this Scripture to my life?

**PRAYER:** God, help me to love my neighbor.