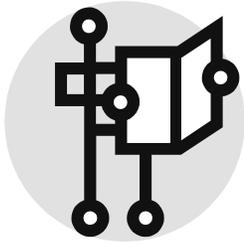


Getting S.O.A.P.Y. is Easy!

Just follow these simple steps...



S.O.A.P.Y. is a method of Bible study that helps us live out what we read; to be fully "washed in the Word."

By following the steps in this brochure, you will be able to fully immerse yourself in the scriptures.

Your S.O.A.P.Y. Journal

After the Bible, itself, the main component of the SOAPY method is the use of a daily journal to record your observations, thoughts, and prayers.

You can make your own journal by placing pieces of writing paper into a notebook. Or you can buy a blank daily journal. You may even want to compose a journal on your computer or online.

How to Use Your S.O.A.P.Y. Journal

Leave a few pages blank at the front of your journal. These will be used as your table of contents.

Step 1

Find the scripture readings for the day.

Step 2

Read the passages with an open mind and heart, listening for God's encouragement, insight, direction, and guidance.

Step 3

When you discern some message or insight from the Holy Spirit, turn to a new page in your journal to write down what God has shown you.

- ⇒ Write the date.
- ⇒ Write or leave space for a title.
- ⇒ Write down the main **Scripture** verse(s) that spoke to you.
- ⇒ Write down what you **Observe** in the passage.
- ⇒ Write one way you will **Apply** today what you read in this passage.
- ⇒ Write out a brief **Prayer**.
- ⇒ Write what you will need to **Yield** to God to be able to live differently; following the lesson you learned from your reading.

Step 4

Turn to the Table of Contents. Write your entry/ what you did today by Date, Scripture, Topic, Title, and Page.

Step 5

Conclude your devotional time with prayer, using the prayer you wrote, and perhaps a prayer life of your own.

The S.O.A.P.Y. Journal is one tool for assisting you in daily Bible reading and study. More importantly, it can help you grow in your faith. It may seem difficult at first to do it every day, but the routine and spiritual habit will become a part of you, and you will experience blessings and insights you never dreamed possible.

EXAMPLE JOURNAL PAGE:

04/18/10 "Say No to Stress"
Topic: Trusting God

[**Scripture**] "Rest in the Lord, and wait patiently for him: *fret not* thyself"
(Psalm 37:7a)

[**Observation**] God wants us to find a place of rest and peace, knowing that stressing ourselves out is not the way to live a spiritually healthy life.

[**Application**] I will put less pressure on myself to be everything to everybody today. I will take time throughout the day to pause, rest, and trust the God who loves me in Jesus Christ.

[**Prayer**] *Dear Jesus, help me let go and rest in your strength. Amen.*

[**Yield**] This example doesn't have the "Y", but don't forget to add the "Yield."
"How or what do I need to YIELD to God to make this passage work in my life?"