



Week Five

Opening Praying

God, thanks for being with us and for regularly inviting us into a richer way of living. Help us to hear from you today. Amen.

Talk It Over

This week we focused on the why and how of Bible study.

- In your own words describe what it means to study something.
- Tell us about an interest, subject, or hobby you enjoy studying. When it comes to this topic, tell us why you study and how you study.
- Tell us about a subject or skill you've had to study but have not enjoyed studying. Tell us about how that played out.

Read Romans 12:2 (ERV) and 2 Timothy 3:16 (ERV)

The purpose of Bible study is not knowledge. The purpose of Bible study is life change. We study the Bible to learn what Jesus wants us to do, to obey what Jesus wants us to do, and to become what Jesus wants us to be.

- Tell us about your experiences — whether positive or negative — with studying the Bible.
 - Why did / didn't you get into studying the Bible?
 - If and when you have studied the Bible, how did you study ?
- What would you say comes more naturally for you: Learning what Jesus wants, obeying what Jesus desires, or being the type of person Jesus wants you to be?

This week we looked at the S.O.A.P. method of Bible study. While there are countless ways to study the Bible, this method offers a simple and straightforward process that moves us towards life change. As we look through the list below, feel free to chime in at any point to share what comes to mind. In addition, consider these questions as you go through the list:

- How familiar are you with this method of study or with the four distinct portions of the study method?
- What stands out to you about this sort of study method?
- Is there a step in this method that you feel comes more naturally to you?
- In what ways can you better apply these steps of studying to your life?

S: Scripture

During this portion of study we pick a passage of scripture to read. We we read it slowly and thoughtfully, and sometimes repeatedly. We take note of what part of the passage speaks to us the most.

(Continued on next page.)

O: Observation

During this portion of the study we write out a couple simple observations — we can write what whatever comes to mind. We aren't seeking something deep or profound. We are just reading what the passage says, consider its context and purpose, and seeing what comes to mind for us. Since the end goal is life change, focusing on what actions and attitudes come to mind may help us.

A: Application

During this portion of study, we pick out one application to focus on. Finding the one specific action step is often more helpful than coming up with a list of steps to take. The idea being it's a lot easier to drink from a straw rather than a fire hose. The aim is to make the application personal, practical and measurable. The clearer the action step and the due date the better off we often are following up.

P: Prayer

During this portion of study, we write out a simple prayer from what you learned.

If you haven't done so already, share your thoughts on what this study stirs up in you and your thoughts on the following questions.

- How familiar are you with this method of study or with the four distinct portions of the study method?
- What stands out to you about this sort of study method?
- Is there a step in this method that you feel comes more naturally to you?
- In what ways can you better apply these steps of studying to your life?

Read Matthew 22:39 (NLT) using the S.O.A.P method.

If possible, grab a piece of paper and a pen or have everyone open a notes app on their own phone.

- **S:** Read the verse out loud a few times slowly.
- **O:** Think about what comes to mind. Are there any actions or attitudes that stand out. Don't seek a profound or deep observation here. Be open to what comes to mind in light of the context of this scripture. Write your observation down.
- **A:** Write down a specific, personal, practical, and measurable step to take.
- **P:** Write down your specific prayer in light of what you read, observed, and the application you are hoping to accomplish.

Challenge One / Homework: If you haven't done so, consider committing to the summer scripture reading plan we heard about this week at church. The plan was given to you in your program and can also be found on the EastLake Church app which is accessible on iPhone and Androids.

Challenge Two / Homework:

Using the read plan or any verse that you run into this week that resonates with you use the S.O.A.P method one or two times this week.

Closing Prayer

God, we want to live the life you have for us. Help us to be transformed by you. We want what you have for us. Help us to take those next steps of transformation. Amen.