

# S.O.A.P

## Scripture

write out the  
scripture

## Observation

what words or  
ideas stand out?

## Application

how can you apply  
what you read?

## Prayer

ask for God's help  
in applying what  
you've learned

# P.O.W.E.R

## Prayer

begin with a prayer.

## Observe

which words or  
ideas stand out?

## Write

transcribe verse  
that stand out.

## Envision

imagine how the  
lesson can be  
applicable.

## Response

be obedient and  
respond to  
instructions.

# R.E.S.T

## Read

read a small  
portion of  
scripture.

## Engage

write out scripture  
to help you slow  
down.

## Savour

ask questions that  
help identify the  
main message.

## Take Charge

claim any promises  
or messages that  
God has for you  
personally.

# G.R.O.W

## Greet

say a prayer.

## Read

read your scripture.

## Observe

take note of the  
things that stand  
out.

## Write

write out  
observations and  
prayer.

# F.E.A.S.T

## Focus

ask God to focus  
your heart on Him  
during this time.

## Engage

write out scripture  
as you read.

## Assess

Find the main idea.

## Spark

invite the Holy  
Spirit to transform  
your life.

## Turn

align your heart  
and mind to God  
through worship