

SERMON SERIES 2

Cease and Persist

GO DEEPER SOAP GUIDE

FEBRUARY 27 - MARCH 27

2022



S.O.A.P.

BIBLE STUDY METHOD

SOAP is easy to follow, easy to trim down to available time, and includes the life-changing piece of applying the Word to your life. Each letter in “SOAP” stands for one step of the process: **Scripture, Observation, Application, and Prayer.**

► **Step 1: What passage of Scripture you will be studying**

- Stick to a plan
- Be intentional in your reading, not haphazard.
- Read the passage several times in several different versions
- Using a study Bible can be extremely helpful in learning the context of the verses you're reading. Study bibles have important facts of who wrote the verse, the time period and culture of that time period and may also include the author's (of the study) personal thoughts. It's important to form your own thoughts and perspective first and then use the authors in addition to or to help gain a different perspective.
- Choose one to three verses that are particularly meaningful to you and write them out.

► **Step 2: Observation** - *What does the passage say?*

- Who wrote this passage?
- To whom is this passage written?
- What is the message of these verses?
- What words or phrases stand out to me?
- Do these verses remind me of any other verses or passages of Scripture?
- Was this written before or after Jesus lived? Before or after the resurrection?

► **Step 3: Application** - *How do I apply this to my life?*

- Ask “what is the Holy Spirit saying to me through this passage?” Think about your words, your behavior, your relationships, your job, your family. Nothing should be off-limits to the Holy Spirit.
- Ask yourself, “How should my life change because of what I've read and learned today?”
- Focus on just one or two
- Take note and write down those action steps

► **Step 4: Prayer**

- Pray for wisdom and a heart to learn
- Pray over what you read today
- Pray about the actions steps you've written down
- Utilize a tool like the **ACTS METHOD**:

ADORATION: The first element of prayer should be adoration, or praise. Tell God what you adore about Him and His character.

CONFESSION: We all fall short of God's perfect character. Daily, as we reflect upon the previous day or the current day, we have room to confess sin to our perfect, forgiving and holy God.

THANKS: Give thanks in all circumstances and at all times. It is important to take a moment to thank God as we reflect upon each of our days. Where is God showing you common grace and mercy in your day to day life?

SUPPLICATION: Or said differently, petition. This is where we bring our requests to God. Here we bring Him our needs and the needs of others. This is where we Pray for One, praying by name for those that don't know Jesus and for opportunities to share the love of Jesus.

EXAMPLE

Using **Psalms 19** as our text, I'll walk you through an example of what you might write as you go through the **SOAP Bible Study Method**.

►Scripture

- Verse 14: Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my Rock, and my Redeemer.
- Verse 14 paraphrase: O LORD, You are my Rock and my Redeemer. Help me to always say and think things that will honor and please you.

►Observation

- The psalmist, David, wrote this as a hymn of praise to God.
- In verse 14, he is praying to the LORD, asking that he would always make choices with his mind, heart, and tongue that are pleasing to the LORD.

►Application

- I know that if I think about the Word and speak about Jesus, my words and thoughts will be acceptable. But I cannot do that all day.
- I will need to be more conscious of what I am thinking, and what I am saying.
- Specifically, when gossiping starts at work, I will walk away or speak up – speaking up is preferable, but not always possible.
- Also, I will post verses in my cubicle so that I have uplifting and God-honoring thoughts to think of while I'm working.

►Prayer

- Lord Jesus, help me to fill my mind with Your Word so that what comes out of my mouth will be God-pleasing words. Give me the courage to speak up for those being spoken against when gossiping starts at work.



Week 1

Cease and Persist SOAP Devotional

February 27 // Matthew 11:25-30

SERMON NOTES

Day 1**Read Matthew 11:25-30**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 2**Read Exodus 20:8-11**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 3**Read Mark 2:23-28**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 4**Read Genesis 2:1-3**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 5**Read Isaiah 58:13-14**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 1**Read Matthew 12:1-14**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 2**Read Ezekiel 20:12-24**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 3**Read Matthew 5:17-20**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 4**Read Luke 4:16-30**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 5**Read Psalm 55**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Week 3

Cease and Persist SOAP Devotional

March 13 // Luke 5:12-16

SERMON NOTES

Day 1**Read Luke 5:12-16**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 2**Read Mark 6:30-44**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 3**Read Nehemiah 13:15–22**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 4**Read Exodus 31:12-18**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 5**Read Acts 16:11-15**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Week 4

Cease and Persist SOAP Devotional

March 20 // Luke 6:1-5

SERMON NOTES

Day 1**Read Luke 6:1-5**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 2**Read Romans 14:1-12**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 3**Read Luke 13:10-17**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 4 Read Psalm 4

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 5**Read Psalm 37:1-7**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Week 5

Cease and Persist SOAP Devotional

March 27 // Hebrews 4:1-13

SERMON NOTES

Day 1**Read Hebrews 4:1-13**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 2**Read Psalm 46**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 3**Read Philippians 4:4-7**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 4**Read John 14:25-31**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.

Day 5**Read Psalm 116**

Scripture: What verses are you focusing in on from the passage?

Observations: What are some observations (using questions provided on the first 2 pages)

Application: How does this passage apply to my life?

In light of this I will:

Prayer: After praying, write down a short recap of your prayer.



Notes

Cease and Persist SOAP Devotional

WELLSPRING GO DEEPER GROUPS!

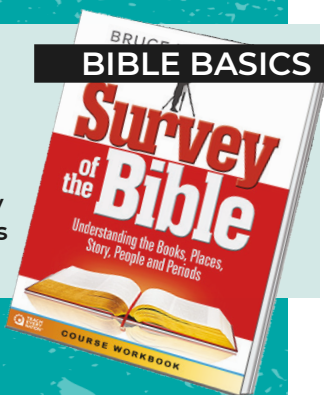
STARTING POINT



Starting Point is an 8-session small group conversation about faith. Whether you're new to faith, curious about God, or coming back to church after some time away, it's a place where your opinions and beliefs are valued and no question is off limits.

Bible Basics is an 8-week group for you to gain understanding of the Bible so you can feel confident in reading God's word to grow and equip your faith in Jesus. The Full-color Course Workbook contains key points, Bible verses, fill-in-the-blanks that follow along with the video!

BIBLE BASICS



WELL BASICS

DISCIPLESHIP EX plored
WHAT'S THE BEST LOVE
YOU'VE EVER KNOWN?

HANDBOOK

Over the next eight sessions, we'll be exploring a letter written to some of the earliest Christian disciples by one of the earliest Christian leaders: Paul. He was in chains at the time, guarded day and night by a Roman soldier – and yet, as he keeps telling them, he's overflowing with joy.

Sign up online for the next available session you'd like to join!



GO DEEPER TOOLS

Video Study:

“Breathe: Making Room for Sabbath:
5-Session Bible Study by Priscilla Shirer

The Breathe Study Journal includes 5 sessions of teaching by Priscilla Shirer with 4 weeks of homework in a reflective, journaling format. If you are weary, worn out, and exhausted the concept of Sabbath will change your life.



RightNow Media Study:

“24/6” by Matthew Sleeth

Matthew Sleeth invites you to join him in this four-session curriculum that teaches us to “remember the Sabbath and keep it holy.” In 24/6, Dr. Matthew Sleeth lays out a simple plan to help us adopt Sabbath practices.



Blog:

The Sabbath of Rest Saturday?
Sunday? Or Something Else?

The goal for this study is to arrive at an understanding of the meaning of the Sabbath.



Books:

“The Rest of God” by Mark Buchanan

God set forth a rhythm of work and rest that if restored to our lives will bring prolonged life, enriched relationships, increased fruitfulness, and abundant joy. Buchanan gives practical advice for restoring the sabbath in our lives.



“Subversive Sabbath” by A.J. Swoboda

A.J. Swoboda, in *Subversive Sabbath*, argues that our lives are more enriched and joyous when we establish a Sabbath rhythm that determines how we handle time.



“Sabbath as Resistance” by Walter Brueggemann

Brueggemann offers a transformative vision of the wholeness God intends, giving world-weary Christians a glimpse of a more fulfilling and simpler life through Sabbath observance.

