**Bible Study & Journaling Instructions**

This Bible study is suitable for those who have never studied the Bible before as well as those who have been studying God’s Word for years. The method of study is simple:

Begin by praying that God will speak to your heart as you get into His Word, and read the passage. Be open to encouragement, direction or correction from the Lord as you read. Underline key phrases or make notations in the margins of your Bible or notebook, as the Lord brings to mind people or situations you should pray for, promises to stand upon, or lessons you need to apply to your life.

After reading the passage, answer the questions.

Then select a verse or paragraph that particularly spoke to you and caught your attention. If nothing “jumps off the page”, select a sentence or two that you think might have some spiritual significance to your life.

Copy that verse or passage word for word. Writing out the verse or verses will help you remember what God is saying to you.

Then, in your own words, write what you observed in that verse or paragraph. (Consider: What is the context? What or who is it about? How would I have felt or reacted had I been there? What is really being said? What does it mean? Why is it important?)

Next, and most importantly, write out how this passage applies to your life. Is there something you need to change? A promise to stand on? An order to follow? Write out how you will be different because of what you have just read.

Finally, write a brief prayer to God, based on this passage. Thank Him for speaking to you. Tell Him what’s on your heart. Ask Him to help you change based on what you have just read.

A simple acrostic to help you remember these steps is **“SOAP”**

**S = Scripture**

**O = Observation**

**A = Application**

**P = Prayer**

Example:

***S****: 2 Samuel 6:21-22   David said to Michal, “It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord’s people Israel—I will celebrate before the Lord. I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor.”*

***O****:  David came home to his wife, after having successfully brought the ark of the covenant back to Jerusalem. He’d danced joyfully before the Lord, wearing a linen ephod, and then sacrificed to the Lord and then given gifts to all the people. It had been a joyous celebration! When his wife, Michal, criticized him for dancing before the Lord, and appearing undignified, wearing a linen ephod like the priests wore instead of his royal robes, he said: “I will celebrate the Lord and become even more undignified than this!”*

***A****:  David made a firm decision to celebrate the Lord and continue celebrating him, even if it made him look undignified in other people’s eyes, and even if it displeased his wife. Am I willing to appear “undignified” in people’s eyes to celebrate the Lord? Yes I am. Like David, I’ve made the choice to keep worshipping and celebrating the Lord and all He’s done in my life.*

***P****:  Lord help me never to worry more about what other people think of me, than what You think of me! I choose to joyously celebrate your presence in my life! I love you so much!*