

# The Book of Life



**A SOAP BIBLE STUDY SERIES**





**How sweet are  
Your words to  
my taste,  
sweeter than  
honey to my  
mouth!**

**Psalm 119:103**



# What is SOAP?

SOAP is a handy Bible study template centred around Scripture, Observation, Application and Prayer; all designed to take you deeper into God's Word. It works like this:

**SCRIPTURE** - simply pick a passage and read it.

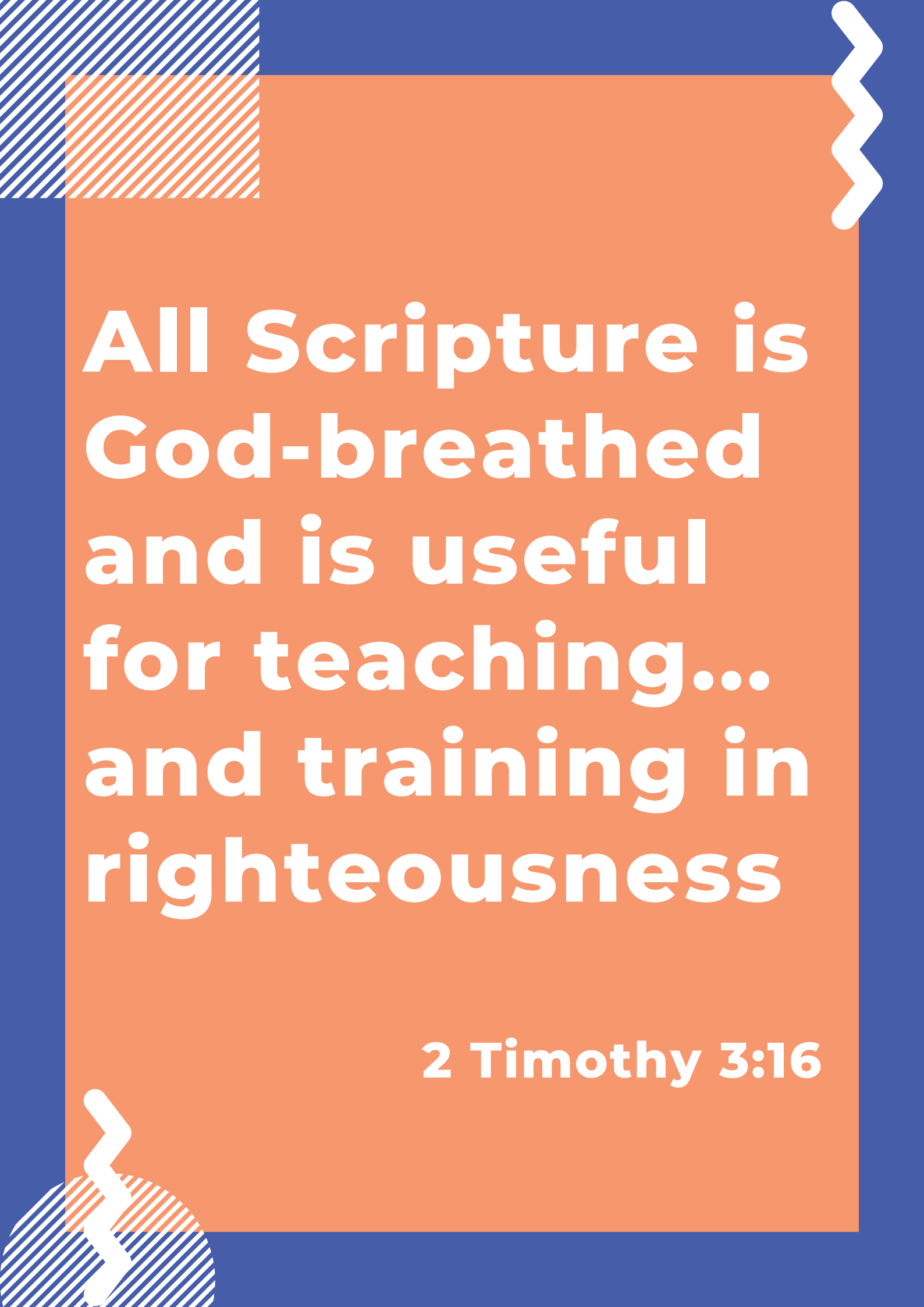
**OBSERVATION** - to go deeper ask yourself: what does the passage say about God? About us? What's happening? Who's involved? Where is it happening? Anything else you notice?

**APPLICATION** - we don't just read God's Word to learn, but also to live. Write down one personal and/or practical way you could practice something you have observed from the passage in your everyday life.

**PRAYER** - lastly pray. Take a moment to write a prayer, giving thanks to God for his Word and what he has revealed to you. Ask for his help to live it out in your life.

Why not give it a go in this short book as we take a look at 8 readings from the BIBLE 2020 'Book of Life' series which featured on our social media in September 2020?





**All Scripture is  
God-breathed  
and is useful  
for teaching...  
and training in  
righteousness**

**2 Timothy 3:16**



# The Book of Life

## Day 1 Study



### Scripture

Read 2 Timothy 3:14-17

### Observe

In what ways does the Bible make us wise for salvation (v.15)?

Why should you abide in God's Word (v.16-17)?

### Apply

Take a moment to consciously focus on your breathing. As you do so, remember that God has breathed his Word into existence.

### Pray

Father, I thank you that you are the Divine Author. Help me to delight in your word and mine the depths of its riches . Transform me as I read it today. Amen.



**For the word  
of God is living  
and active**

**Hebrews 4:12**



# The Book of Life

## Day 2 Study



### Scripture

Read Hebrews 4:12-13

### Observe

The Bible is alive and active (v.12). What difference should this make to your life?



How does this influence your response to v.13?

### Apply

The goal of Bible study is not head knowledge or to gain points for arguments; It is to change your heart and life! Always study it with a view to obedience.

### Pray

Father, help me to treasure your word above all earthly counsel. As you penetrate my soul, lead me to repentance that I might be healed and restored. Amen.



**Your word is a  
lamp for my  
feet, and a  
light for my  
path**

**Psalms 119:105**





# The Book of Life

## Day 3 Study



### Scripture

Read Psalm 119:103-105

### Observe

Is it easy for you to say God's words are sweet? Why / why not?



How is the Bible a lamp for your feet and a light on your path?

### Apply

Take some honey and place it on your lips. Re-read these verses again out loud, focussing on the sweetness of the whole of God's word as you read.

### Pray

God, I thank you for your word which is sweet. Help me gain understanding as I observe your ways. Guide my path, that I might live for your glory. Amen.



**The unfolding  
of your words  
gives light,  
it gives  
understanding  
to the simple**

**Psalm 119:130**



# The Book of Life

## Day 4 Study



### Scripture

Read Psalm 119:129-131

### Observe



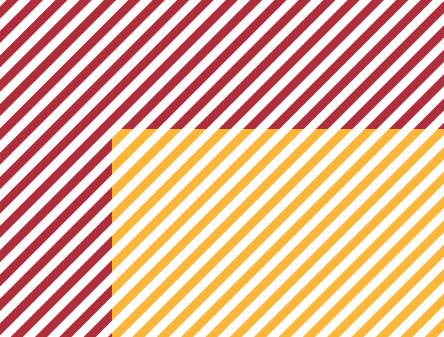
Is the wonderful nature of God's statutes enough to make you obey/follow them? Why / why not?

### Apply

God's word is wonderful, enlightening and satisfying. Take time throughout the day to revisit this passage, allowing God to shape your mind and heart.

### Pray

Father, it is often easy to neglect your word. Give me a longing for the wonder, beauty, light and satisfaction only your word can bring me in my life. Amen.



**These  
commands  
that I give you  
today are to  
be on your  
hearts**

**Deuteronomy 6:6**



# The Book of Life

## Day 5 Study



### Scripture

Read Deuteronomy 6:4-9

### Observe

How can you love God with all your heart, soul and strength?


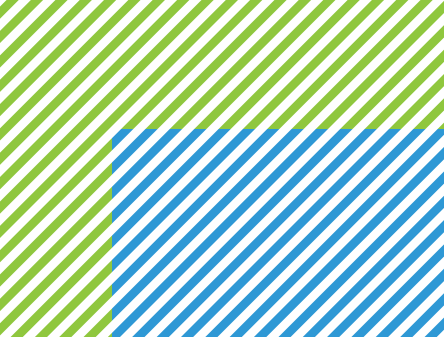
What would it look like to do this and speak of this in your life?

### Apply

Memorise the words of v.4-5, and pray them as often as you remember them.

### Pray

God, help me to love you with all my heart, soul and strength. Write these things upon my heart and help me to show them in and through my life. Amen.



**The grass  
withers and  
the flowers  
fall, but the  
word of our  
God endures  
forever**



**Isaiah 40:8**

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## Day 6 Study



### Scripture

Read Isaiah 40:6-8

### Observe

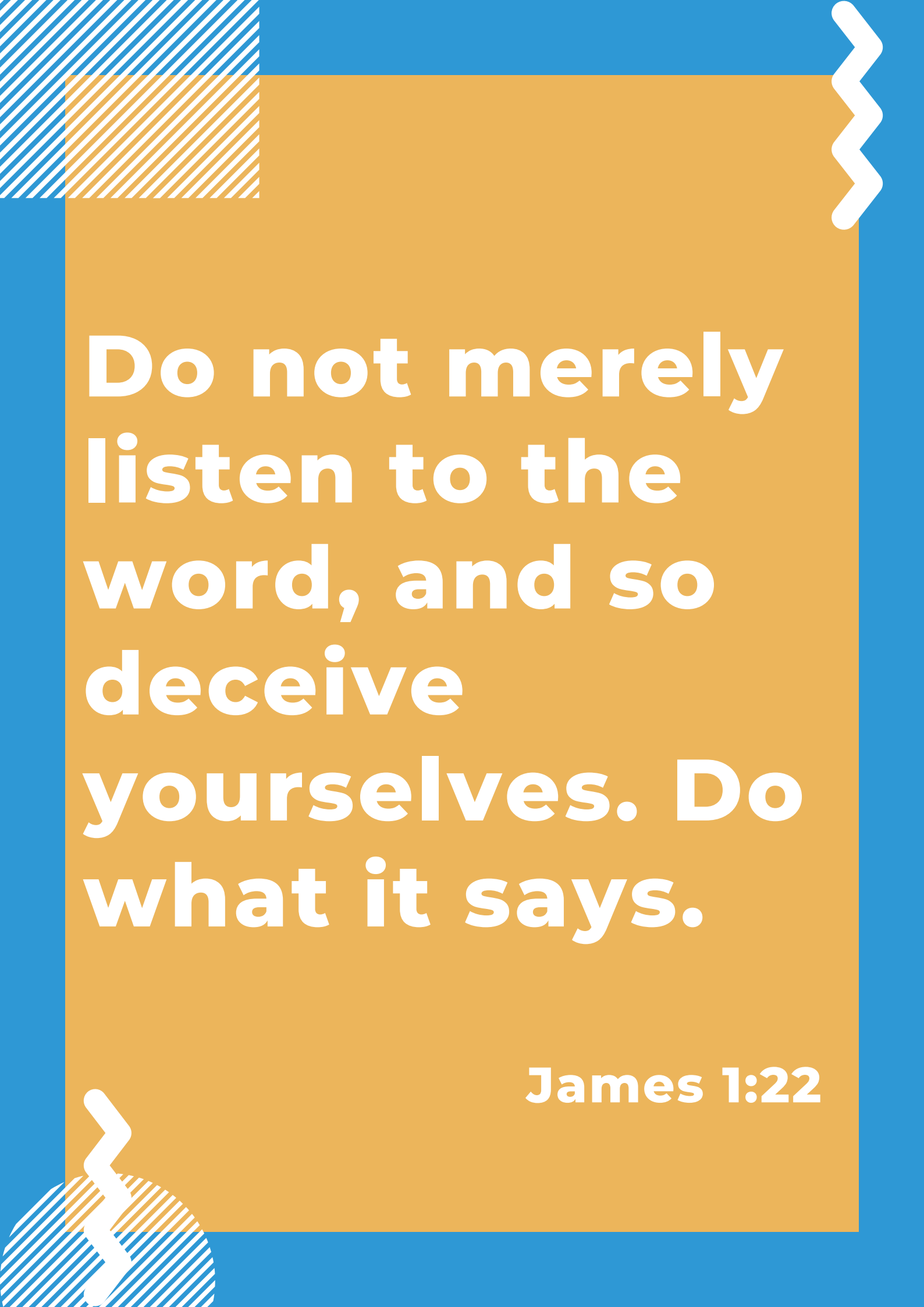
Why does God's messenger (v.6) want us to know that humanity is frail (v.7), but God and his word is eternally permanent (v.8)?

### Apply

Take a walk, if you're able, and observe the leaves as they change colour and fall from the trees. Each time you see this thank God that his word endures.

### Pray

God, I thank you for the enduring nature of your word. I praise you that I can read it and hear your voice through it. You are the eternal One! Amen.



**Do not merely  
listen to the  
word, and so  
deceive  
yourselves. Do  
what it says.**

**James 1:22**





# The Book of Life

## Day 7 Study



### Scripture

Read James 1:22-25

### Observe

Why is it important that you don't just listen or read the Bible?


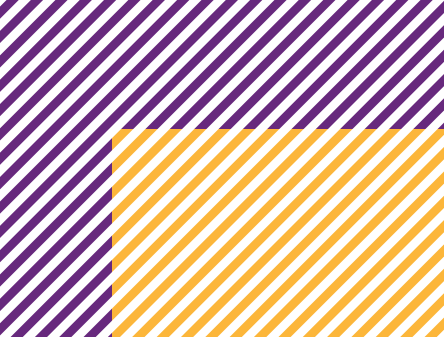
What difference will "doing" God's word make to our lives?

### Apply

God's word calls us to "do" many practical things - worship, serve, give, love, forgive, mission. What one will you commit to doing today?

### Pray

Father, I ask for ears to hear your word today; for grace to accept it, and courage to live it out in the reality of my day-to-day life. Amen.



**Therefore  
everyone who  
hears these  
words of mine  
and puts them  
into practice  
is like a wise  
man**



**Matthew 7:24**

# The Book of Life

## Day 8 Study



### Scripture

Read Matthew 7:24-27

### Observe

What difference will God's word make to your life if you hear and practice them?

What is the danger of not listening or following?

### Apply

If you are able, stand and plant your feet on the ground. As you do so, recall the wise builder and ask God to firmly and deeply plant you in him.

### Pray

Lord, you are the Rock upon which I want to build my life. Strengthen my foundations in you; draw me nearer with each passing day, granting me your wisdom. Amen.



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