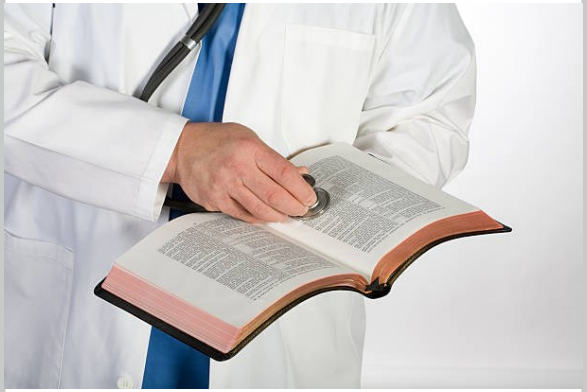
S.O.A.P.S.
Daily Devotional Time

The purpose of S.O.A.P.S. is for you to get to know the Lord and His ways better so that you can love Him and love your neighbour as yourself



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Use a systematic approach to go through the whole Bible in your daily devotional times

To start with, prayerfully read one chapter a day and use a devotional notebook to write down your SOAPS notes

Option one: Start at the beginning of the Bible and proceed from there

Option two: Switch between a chapter in the Old Testament and one in the New Testament on alternate days

Option three: The Seven Sections or the Five Sections Approach. This is explained later

Choose the option that works best for you

Use a Devotional Notebook to record the five elements of your S.O.A.P.S. daily

1. **S = Scripture**: Prayerfully read one chapter of the Bible. Write down the portion of this chapter that Jesus Christ uses to speak to you
2. **O = Observation**: What does Jesus Christ say to you through this portion of the Bible?
3. **A = Application**: How does Jesus Christ want you to respond to what He said to you through His Word?
4. **P = Prayer**: Ask Jesus Christ to help you to put in to practice what He has taught you.
5. **S = Share**: With whom will you try to share what you learnt from Jesus Christ during your S.O.A.P.S. time?

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The Seven Sections Approach

1	187 chapters	Genesis to Deuteronomy
2	291 chapters	Joshua to Job
3	150 chapters	Psalms
4	31 chapters	Proverbs
5	270 chapters	Ecclesiastes to Malachi
6	117 chapters	Matthew to Acts
7	143 chapters	Romans to Revelation

Practical Tip:

You might want to make seven book markers, one for each section

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How to go through the Seven Sections

- **Week 1**

1st day: Read chapter 1 of section 1
2nd day: Read chapter 1 of section 2
3rd day: Read chapter 1 of section 3, etc.
After one week you will have done your S.O.A.P.S. of the first chapter in each of the seven sections

- **Week 2**

1st day: Read chapter 2 of section 1
2nd day: Read chapter 2 of section 2
3rd day: Read chapter 2 of section 3, etc.
At the end of the second week, you will have done your S.O.A.P.S. of the second chapter in each of the seven sections

- In week 3 you do your S.O.A.P.S. of chapter 3 in each of the seven sections. Continue using the same systematic approach to go through the whole Bible

Once you have completed a section, go through it again. You will read some sections more frequently but that is fine

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The Five Sections Approach

1	187 chapters	Genesis to Deuteronomy
2	291 chapters	Joshua to Job
3	181 chapters	Psalms and Proverbs
4	270 chapters	Ecclesiastes to Malachi
5	260 chapters	Matthew to Revelation

Practical Tip:

You might want to make five book markers, one for each section

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How to go through the Five Sections

1st day: Read chapter 1 of section 1
2nd day: Read chapter 1 of section 2
3rd day: Read chapter 1 of section 3
4th day: Read chapter 1 of section 4
5th day: Read chapter 1 of section 5

Once you have done your S.O.A.P.S. of the first chapter in each of the five sections, you start with the second chapter of each section. For example:

6th day: Read chapter 2 of section 1

7th day: Read chapter 2 of section 2

8th day: Read chapter 2 of section 3

Continue using the same systematic approach to go through the whole Bible

Once you have completed a section, go through it again. You will read some sections more frequently but that is fine

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