

S = Scripture

O = Observation

A = Application

P = Prayer

S = Scripture

Don't feel like you have to read through the entire Bible (although hopefully you will in time).

Feel comfortable even in reading 1-2 verses. The point is not how much you read but what you get from the reading.

- Many of the Psalms are short and powerful
- Beginning with Proverbs 10, many of the proverbs covers only a verse or two

God's message is meant to be read and followed

- Matthew 7:24-27; James 1:22-25

If you don't know where to start, always *start with Jesus!*

- *Start with Matthew* if you know your Old Testament and like Jewish prophecy
- *Start with Mark* if you are a worker/doer and like short, to-the-point stuff = action and brief
- *Start with Luke* if you like to think and meditate on things = the unusual and the underdog
- *Start with John* if you are already familiar with the life of Jesus. Over 90% of John is unique meaning it is not found in Matthew, Mark, Luke

"...breaking it down and changing not necessarily the reason I read, but the way I read has been exactly what I needed. I read because I want to follow Jesus."

O = Observation

As you read the text, highlight/underline what stands out to you. What is:

- Interesting
- Unusual
- Something you never noticed before
- Not understood by you
- Something you learned
- Something you need to apply

As an example: Mark 1:40-42

A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean."

41 Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said.

"Be clean!" 42 Immediately the leprosy left him and he was cured.

A = Application

Here is where my journaling begins. I reread what I highlighted and write down the ones that especially stand out to me - not all of them.

Highlight: Begged Jesus on his knees

My thoughts: Sometimes my prayer requests are

pretty casual. Perhaps I don't really believe pray works. Perhaps I need to take 1-2 things that are on my heart and spend some purposeful time with God in prayer. Those would be ____ and ____.

A = Application

Highlight: Compassion

My thoughts:

- Jesus was FILLED with it
- How much do I have?
- I will spend today trying to be full of compassion.
- I will try and see people who are hurting. I will listen, help when I can and pray for them.

Highlight: Touched the man

My thoughts:

- He could have just spoken and cured the man
- As a leper, he was 'untouchable'. When is the last time he was 'touched'?
- Jesus touched him = b/c filled with compassion
- The power of touch
- I will touch someone's life today through a hug, card, call, text

Highlight: "I am willing"

My thoughts:

- I will be willing also. Today, I will respond to every need that I hear about if possible

Highlight: Power - cured immediately

My thoughts:

- The power of God lives in me. I will be bold today and step out where God leads me.

P = Prayer

I can't work on everything today.

I will choose only 1 thing from my application list.

That will be the 1 thing I pray about and work on today.

- Pick one and write a prayer

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