

ELEMENTARY SMALL GROUP LESSON

ALOHA: KEEPING COOL WHEN THINGS GET HOT

"GOD GAVE US HIS SPIRIT, AND THE SPIRIT DOESN'T MAKE US WEAK AND FEARFUL. INSTEAD, THE SPIRIT GIVES US POWER AND LOVE. HE HELPS US CONTROL OURSELVES." 2 TIMOTHY 1:7

S.O.A.P

S.O.A.P is a simple but helpful way to study the Bible and apply it to our own lives.

S.O.A.P stands for, **SCRIPTURE, OBSERVATION, APPLICATION AND PRAYER** and involves four simple steps.

S: SCRIPTURE

You physically write out the scripture. You'll be amazed what God will reveal to you just by taking the time to slow down and actually write out what you are reading!

O: OBSERVATION

What do you notice about the verses? What do you think the main message is? What verses, words or ideas jump out to you? Who is the audience? Is there a repetition of words?

A: APPLICATION

Ask God how He wants you to apply the verse to your own life. This is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

P: PRAYER

Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

LET'S S.O.A.P TOGETHER

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God."

EXODUS 20:8-10