

S.O.A.P.

Bible Study Method

S - Scripture

Read the Bible passage, maybe more than once to be thorough

O - Observation

What stands out to you? What's surprising? What are the key themes, promises, or challenges? What might the people be thinking? How might they be feeling?

A - Application

How does it apply to your life? What would you do to respond? What changes might you make?

P - Prayer

Thank God for what you've learned, and ask for His help to apply it.

Tips for Using SOAP

- Unhurried is most helpful
- Start with a prayer asking God to help you focus and understand His Word.
- Expressing your thoughts through writing, drawing etc. can help with understanding and application - now, and in the future

Mark 2

Jesus Heals a Paralyzed Man

¹When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. ²Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God's word to them, ³four men arrived carrying a paralyzed man on a mat. ⁴They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus.

⁵Seeing their faith, Jesus said to the paralyzed man, "My child, your sins are forgiven."

⁶But some of the teachers of religious law who were sitting there thought to themselves, ⁷"What is he saying? This is blasphemy! Only God can forgive sins!"

⁸Jesus knew immediately what they were thinking, so he asked them, "Why do you question this in your hearts? ⁹Is it easier to say to the paralyzed man 'Your sins are forgiven,' or 'Stand up, pick up your mat, and walk'? ¹⁰So I will prove to you that the Son of Man has the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, ¹¹"Stand up, pick up your mat, and go home!"

¹²And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, "We've never seen anything like this before!"