

# HOW TO SPEND TIME WITH JESUS: SOAPS AND PRAY

The following acronyms, “soaps” and “pray,” are tools to help you get started spending time with Jesus. God wants a real relationship with you and to renew your minds and heart through Scripture and prayer. Just like soap cleans and renews your body, Scripture and prayer cleanses your mind, heart, and soul with God’s thoughts.

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## SOAPS: Reading the Bible for Life Change

### **S:** Scripture

- Pick a passage of Scripture and read it a few times.
  - We recommend picking a book of the Bible and reading one book at a time
  - You can also find TONS of different bible reading plans on [the Bible App](#)
- Ask the Holy Spirit to help you listen to what He wants you to know.

### **O:** Observe

- Reflect on what the passage says about 3 things:
  - 1. God 2. Human beings 3. What God wants for or from you
- Write down truths from the passage in your own words and meditate on what it means.

### **A:** Apply

- How would your life be different if you believed or did what God’s Word says?
- Ask God how He wants to apply the truth you just read to your life.

### **P:** Pray

- Prayer is an honest conversation with God. If you need help learning to pray, use the PRAY acronym to get started.

### **S:** Share

- In your own words, write down a truth God wants you to embrace and an action step you can take.
- Ask God who you could share your faith with to encourage someone this week.

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## PRAY: Praying with Purpose

### **P:** Praise

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- Spend some time thanking God for who He is in your life.
- Prayer starts with focusing our attention and affection on God.

### **R:** Repent

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- Spend time asking God to show you ways you turn from your way to trust and follow Jesus' way.
- Prayer is not pretending but being honest about our sin and aligning our lives to His Word.

### **A:** Ask

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- Ask for God's provision, love and power to be made known to people in your life.
- Prayer is trusting God to provide for your needs and work through you.

### **Y:** Your will be done

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- Spend some time being silent and listening to His Spirit about specific situations in your life.
- Prayer is surrendering to Jesus and His will.

Use the circles below to help you pray intentionally for your needs and people where you live, learn, work, and play.

