



Let's delight in the Lord together!

# S.O.A.P.

A simple Bible study method using contextual **scripture, observation, application, and prayer** that will empower you to delight in God's word **and** will for your life, develop a greater love for the Lord and transform you into the woman of God you desire to be!!!

## Transforming Together

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2

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## INTRODUCTION

Hello, my name is Danette (Nette) Hutchenson. Along with being a pastor's wife, I am a mother, grandmother, sister, auntie, Bible college student and business owner. In these arenas I have had opportunities to grow in the grace of the Lord and endure His gentle corrections as well. Those gentle Holy Spirit proddings (smile) have persuaded me that being "transformed by the renewing the mind" is the foremost Christian practice we must embrace to gain confidence in our King and Shepherd, the Lord Jesus Christ! Therefore, the spiritual disciplines of prayer, Bible study, and proper application of Scripture are what we will focus on the most; with a few life lessons sprinkled in.

What will I bring to the table? For 23 years I have had the privilege to develop and teach Bible study lessons and Bible college courses, start a faith based education arm of our local ministry called Vision University; produce encouraging and inspiring videos for "Monday Manna" and "A Woman's Place", and am the founder of "Women HELping Women". Notice the unique spelling of HELping? The capital letters stand for "honoring, encouraging, loving and inspiring". That is our goal with this study! Remember you are not alone. We are "transforming together". Feel free to contact me for any questions you may have. I would love to meet you! Blessings...



*"I love reading the Bible but sometimes I don't understand what God is trying to say to me".*

*"My Pastor's message is way over my head, and I leave church confused".*

*"I would love to study the Bible, but I don't have the time".*

## Why Bible Study?

In the many years of walking with the Lord and doing my part to learn of Him and His will, failing, and getting back up again, I have found one thing common among believers, protestant, non-denominational, orthodox, catholic, and so forth (excluding Baptist believers...lol...). That one thing is a lack of serious study of the Scriptures. Have you ever quoted Scriptures and prayed and cried and saw no results. I have and boy, it was frustrating! Yes, we read the Bible and attend weekly assembly which is what we should do according to Hebrews (10:25). But too often we leave the learning up to the pastor and often times we remain confused. The problem with this is it causes us to throw up our hands and say, "forget it". Then we are left with a dusty Bible and an empty spirit. That is not helpful for your spiritual maturity which is meant to bless not only you but those who God puts in your life, husband, children, siblings, co-workers, church family, etc.

This Bible study will help eliminate a lot of frustration and bring clarity to what the Lord is doing and saying through the ancient writings and what He wants you to do today in light of them. Don't worry, you have a study buddy and faithful friend – The Holy Spirit who wants this for you as well!

Is this Bible study for you? It is if you have heard or said these statements or something like them. After a music service, prayer and a long and intense or perhaps comical sermon you leave the church wondering – "What did he say?", "What did he mean?", "I just don't get it". As daughters of God that is not His will for us. He desires that we delight in His word. But that won't happen outside the consistent practices of prayer, study, and application. We have to do our part when it comes to the Word of God.

What should we expect? The blessing that comes is a growing trust in the Lord, understanding the written word so we recognize the spoken word, and personal time with Him alone; like Mary in the Gospel of Luke (10:38-42).



“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

and Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

In Mary’s culture it was unheard of for a woman to be alone, or sit with a rabbi. However, Jesus our Savior is unconventional when it comes to hungry hearts yearning for more of Him. So, if you’re ready, let’s be like Mary. Sit at the Lord’s feet, learn of Him, and find the rest, peace, and joy we all need as we learn from the Master!

2 Timothy 2:15 says about studying, “we show ourselves approved unto God”, being able to rightly divide the word of truth without being ashamed.

One last thing. Studying can make you tired especially if you have a rigorous schedule (Ecclesiastes 12:12). So, the benefit of devotional or study time is you get to make it a priority in your life in the morning, afternoon, or evening. What’s more important than the clock (unless the Lord gives you a set time) is staying consistent. If you only have 15 minutes a day, start there! God will honor your willingness as you spend more time with Him. We are excited about the wonderful insights you will behold in the Scriptures. “Open thou mine eyes, that I may behold wondrous things out of thy law”. (Psalm 119:18) .

May God richly bless your journey!

## S.O.A.P. Bible Study Topics - we started with the Pink subjects

Love – 1 Corinthians 13; 1 John; Romans 12:9-21

Friendship – 1 Samuel 18:1-4; 1 Samuel 20; 1 Corinthians 13; 1 John; Song of Solomon

Struggling with sin – Romans 7:14-25; Romans 8

Living by the Spirit – Romans 8; Galatians 5:16-26

Forgiveness – Joseph (Genesis 37-50); Philemon; Matthew 18:15-35; Matthew 5:43-47

Marriage – Ephesians 5; 1 Corinthians 7; 1 Peter 3

Remarriage and Divorce – 1 Corinthians 7; Matthew 19:1-12

Eschatology (End time events) – Daniel & Revelation; 1 Corinthians 15:50-58; 1 Thessalonians 4:15-18; 1 Timothy 4; Matthew 24; 2 Timothy 3

Jealousy – 1 Samuel 18; Numbers 5:12-31

Salvation – 2 Corinthians 5:17; Romans 10:9-13; Ephesians 2:8-9; John 3:16; Romans 6:23, 3:23

Loneliness – Job 19:13-21; Psalm 88; Psalm 142:4; Psalm 13

Suffering – Job; 1 Peter 4:12-16; 2 Corinthians 11:16-33; 1 Peter 3:8-15

Dating/Courtship – Song of Solomon

Sexual Sin – 2 Samuel 11; 1 Corinthians 6:13-19; Matthew 5:27-30; 1 Thessalonians 4:1-8

Riches and Wealth – Ecclesiastes (chapter 5 specifically); Matt. 6:21, 24; Prov. 13:11; 1 Tim. 6:10, 17-20; James 5:1-6

Prayer – Daniel 9; Nehemiah 1; Matthew 6:5-14; Col. 1:9-13

Abortion – Isaiah 44:2; Jeremiah 1:5; Ecclesiastes 11:5

Fear – Judges 7; 2 Tim. 1:7; Isa. 41:10; Ps. 23; Isa. 43:1-3; Josh. 1:9

Homosexuality – Romans 1:26; Genesis 19:5; Leviticus 18:22-23; 1 Corinthians 6:9-10

Spiritual Gifts – Ephesians 4:11-13; Romans 12; 1 Corinthians 12

Satan – Revelation 12; Ezekiel 28:11-19; Genesis 3; Isaiah 14:12-15

Faith – Hebrews 11; James 2:14-26

Worrying – Matthew 6:25-34

Giving money – Exodus 25:1-9; 35-36:1-7; 2 Corinthians 8-9



## S.O.A.P. BIBLE STUDY Method Defined

### Scripture - see Bible Study Topics list

Choose your passage for study. How? What are your biggest concerns right now. Look for scriptures that give you answers to overcome this issue. For example, if you are dealing with rejection, find scriptures about acceptance, worth and God's love. As you read, highlight the verses, words, or phrases that jump out at you. Write out the key verse(s) from your passage.

### Observation

Observation is taking note of what the passage says. List the facts stated in the passage, such as who did what, when, where, why, and how. Ask what happened in the story or what is the theme or lesson of this passage? Be patient with yourself, this part could ask a lot of your mental energy!

### Application

This is where you ask the Lord to show you how the passage applies to your life. Is there something He wants you to do? Believe? Confess? How does God want you to obey and conform your life to this passage? In application and prayer is where true transformation begins to take place. Get excited!!!!

### Prayer

End your time in prayer. Thank Him for what He revealed, ask for His enablement to obey, confess any shortcoming, pour out any care or anxiety, commit to walking in His word. Allow the presence and comfort of our Father to hug you in big ways!

*Part 1: EASY*

**S.O.A.P.**

**BIBLE STUDY METHOD**

## Scripture

Philippians 3:14 “I press on toward the goal for the prize of the upward call of God in Christ Jesus”. Be sure to read the context before and after the passage for greater clarity, (verses 10-17).

## Observation

use your note sheet to answer questions that come up  
in your heart as shown on the following page

What words stand out most? *press, call*. Write a definition for these words. (see the note sheet)

Who is Paul speaking to? (Read the context - surrounding Scriptures)

Why is he writing to this church?

What is the Lord wanting us to learn from this text through Paul’s experience? (feel free to use a commentary to help you out)

## Application

The Lord wants me to be more intentional in my daily practices of worship, prayer and humility, so I can rejoice in Him even in difficult circumstances.

## Prayer

Lord, thank you for your grace towards me when I do not deserve it. I appreciate the love You have displayed in my home and with my family. Forgive me for being slothful in my daily spiritual practices of worship, prayer and humility. Help to be more focused this week and reveal to me what is causing the distraction so I can submit it to You. Amen

## Observation notes for the “**easy**” S.O.A.P. study method

Definition of press: (Greek - dioko) (the “o” is a long vowel) to run swiftly in order to catch a person or thing, to run after

([www.blueletterbible.org](http://www.blueletterbible.org))

Definition of call: (Greek - klasis) divine invitation

([www.blueletterbible.org](http://www.blueletterbible.org))

Who is Paul speaking to? Paul is speaking to the saints in Philippi including the bishops and deacons. Not just the lay people but the leadership as well.

Why is Paul writing to the Philippian church? Paul is writing to the church to express his appreciation for them and to remind them of the Savior’s sacrifice which led to their salvation. He wants them to show the same humility and love to one another as Jesus did.

What is the Lord wanting to teach us from Paul’s experience? The believer must learn to rejoice during challenging times and to keep a spirit of brotherly love in their heart. Also, Paul says he is “pressing” after, running after, intentionally making effort to fulfill the call of God on his life. Am I that intentional, do I make that much effort? If not why? What is distracting me? What is discouraging me from doing so? If so, how can I increase my effort? What else can I add for my spiritual growth?

To give you practice with the “easy” and “in-depth” method you will have 5 topics for each along with a note sheet to list your observations and a journal sheet to write what you are thinking and feeling during your study.





# Easy S.O.A.P. BIBLE STUDY IN ACTION

## "Spiritual Gifts" 1 Corinthians 12

### Scripture

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### Observation

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### Application

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### Prayer

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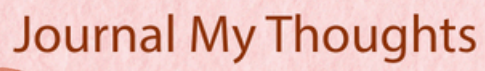
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# Observation Notes





# S.O.A.P. BIBLE STUDY IN ACTION

## "Worrying" Matthew 6:25-34

### Scripture

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### Observation

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### Application

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### Prayer

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# Observation Notes





## Journal My Thoughts

A stylized illustration of a person's arms and hands writing on a white notepad with a black pen. The person is wearing a brown short-sleeved shirt. The background is a light pink color with horizontal brown lines, resembling a notebook page. The notepad is positioned in the top left corner, and the writing area is the rest of the page.





# S.O.A.P. BIBLE STUDY IN ACTION

## "Loneliness" Psalm 13

### Scripture

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### Observation

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### Application

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### Prayer

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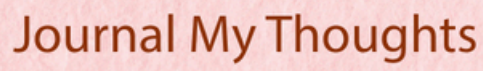
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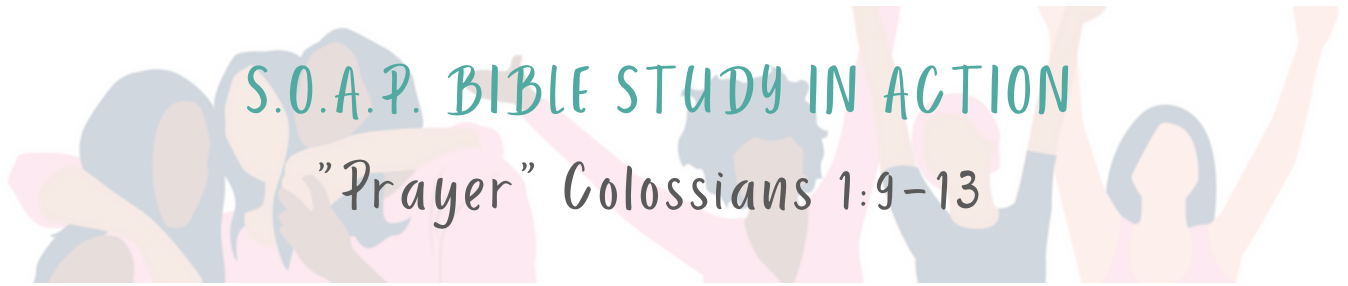
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# Observation Notes





# S.O.A.P. BIBLE STUDY IN ACTION

"Prayer" Colossians 1:9-13

## Scripture

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## Observation

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## Application

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## Prayer

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# Observation Notes



## Journal My Thoughts

Well, what do  
have to say about  
that?





# S.O.A.P. BIBLE STUDY IN ACTION

## "Godly Friendships" 1 Sam 18:1-4

### Scripture

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### Observation

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### Application

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### Prayer

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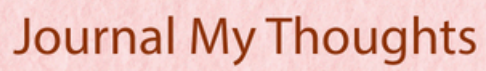
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# Observation Notes

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**Part 2: In-Depth**

**S.O.A.P.**

**Bible Study Method**



## S.O.A.P. BIBLE STUDY In-depth Example

Scripture - Read the context (surrounding scriptures) of the verse you choose and write out the text that speaks to your heart. For example Philippians Chapter 4:1-8 is the context and verses 6-7 is the text.

In the next section "Observation" you will begin to answer some questions that will guide you to a theme or lesson you will then write out in 1 to 2 sentences before moving on to Step 3: Application.

Observation - this part takes the most time but is so worth it! You will probably need extra paper for this section! I always do...(smile)

For Paul's audience who were suffering persecution and were concerned for his well-being - ANXIETY - would be a major issue. He encourages them in the following text..."Be not anxious for anything, but through prayer, supplication and thanksgiving, make your requests known unto God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus".

In "observation" a lot of ground could be covered, such as geography, audience, biblical time frame, governments and so much more. You can be as simple or in depth as you desire. The Lord will honor each step you take to draw near. I like to start with definitions and action words and then spread out into more context.

These are the verbs/actions that stand out in our text: be not anxious, be prayerful, make supplication, be thankful, make your requests.

This list gives the believer stepping stones towards God's promise when they find themselves in a state of anxiety. Do you see any words where you need more clarity? Now would be the time to look them up in a reference source; bible dictionary, online dictionary, concordance, etc. (There are some listed on the final page for you to consider)

As an example - "anxious" in the Greek means merimnao(the "o" is a long vowel): to be divided, distracted, pulled apart, or to have your mind occupied with cares, contrasting with single-minded focus on God; it's about a state of being pulled in multiple directions rather than healthy concern or excitement. It's derived from merizo (to divide) and nous (mind).



The definition opens up a wider view of what being anxious looks like in our ordinary life. A biblical theme, lesson, or principle will be shared throughout the Scriptures, so where else does the word “anxious” show up?

See Matthew 6:25-28, 31, 34 .

*<sup>25</sup> “Therefore I tell you, do not be **anxious** about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being **anxious** can add a single hour to his span of life? <sup>28</sup> And why are you **anxious** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these”. <sup>34</sup> So do not worry or be **anxious** about tomorrow, for tomorrow will have worries and **anxieties** of its own. Sufficient for each day is its own trouble.*

Matthew 10:19

*“When they deliver you over, do not be **anxious** how you are to speak or what you are to say, for what you are to say will be given to you in that hour”.*

Where else does the Bible speak of having a “double mind” (Greek: merimnao: divided, distracted, anxious mind)?

James 1:8 “he is a double-minded man, unstable in all his ways”.

See how Matthew 13:22 relates to Philippians 4:6 and James 1:8

*As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.*

"Care of this world": Refers to the stresses, pressures, and everyday worries of life that consume our attention. (Again our Greek definition of merimnao shows up: divided, distracted, pulled apart).



When going deeper be sure to look up synonyms - words that have similar meanings for a clearer understanding and practical application.

Synonyms for anxious - worried, perturbed, fretful, and impatient; to name a few!

Hint: you could use these synonyms to start a new study!

Psalms 37:1, 7-8 and Proverbs 24:19 in the Old Testament speak of anxiety as "fret" and Proverbs 21:19 states "It is better to live in a desert land than with a quarrelsome and **fretful** woman" (anxious, perturbed, impatient woman). Biblical principles agree in the Old and New Testament!

**Scripture** - Philippians 4:6-7 (text); verses 1-8 (context: surrounding verses to support your text).

**What to look for in the Observation phase** - After reading the context - the surrounding passages that relate to your text. Some general questions that will lead you to a theme or lesson of your text will look like this

- Who is the author?
- What was his background?
- When did he write?
- What was the nature of his ministry? Pastoral, apostolic, elder
- What kind of relationship did he have with the audience?
- Why was he writing?
- Who was the biblical audience - those intended to read or hear this letter/epistle?
- What circumstances if any was the author addressing, i.e. faithfulness among believers, giving to the needy, selfishness?
- How was their relationship to God?
- What kind of relationship did they have with each other?
- What was happening culturally at the time the book was written? For example, during the time of the judges Israel was deep into idolatry.

- What type of book is this passage located in, law, prophetic, wisdom?
- Are there any words in the passage you do not understand? Research them in biblical sources such as a dictionary, concordance
- Meaning of the text: that which the human author wishes to convey when he wrote the text.

*Lastly, in a sentence or two what is the theme or lesson of this passage? What is the author of the book attempting to get his audience and us to understand about God's thoughts, heart and will for us?*

*Anxiety affects our minds and from there our thoughts shape our reality, character, and spiritual state. God's peace invites our wills to align with His which prevents sinful patterns and establishes spiritual stability especially in difficulties.*

As you can see Observation can bring up a lot of questions. That's wonderful because that is what this portion is all about. It challenges you to dig into the Bible and other biblical resources. When you need to, take a break. This study is between you and the Lord and the Holy Spirit is always willing to help you learn.

*Take a break, breathe, relax.  
You are not being graded and  
this does not have to be  
completed in a day. Let what  
you are learning marinate in  
your heart if you need to, then  
come back and pick up where  
you left off!*



You are doing great and should be proud of yourself! Now that we've gained some ground in observing this text and context, it is time to consider how to apply it to your personal life.

Remember not all Scripture is to be applied to our lives because Jesus has fulfilled those things spoken of Him in the law and the Prophets, so we don't have to, "It is finished". However, as followers of Christ, God has expectations of us and for us.

### Application: is what we do with the text.

Once we identify the meaning of the text that God is trying to communicate to us through the author, then we must respond to that meaning. Ask these two questions:

“What does this passage mean?”

“How should you apply this meaning to your life?”

The meaning (what God intends) should be the same for all Christians.

This is where we obtain “sound doctrine”, teaching that nourishes and unifies the whole Body of Christ. The meaning will reflect God’s character and nature, therefore we should subject ourselves to it.

Example: Are you anxious about a job loss, a family member, your personal health or finances?

Using the text in Philippians Chapter 4 (verse 1-8), what does God want you to do in stressful, fearful and confusing situations?

Example: **Rejoice (verse 4). Pray. Be thankful (verse 6).**

The great thing is you can use this study for any area of your life. The Lord is concerned about them all and wants the best for you in all things. Your answers will be so intimately attached to His heart and the next step will draw the two of you even closer.....it’s time to pray!

### Prayer - End your time in prayer!

Thank God for this time to study His Word. Ask for forgiveness where you have fallen short (don’t worry we all do!) Thank Him for His forgiveness, grace and mercy as you continue to study the Bible and apply it to your life. Ask Him to help you be obedient to apply what has been revealed to your heart. Leave time for you to meditate on what you’ve learned and for the Lord to speak to your heart.

*Make sure to journal what He says - but don’t be discouraged if you did not hear anything right away. Patience is key when it comes to prayer!*



# S.O.A.P. BIBLE STUDY IN ACTION

## "Sexual Sin" – 2 Samuel 11

### Scripture

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### Observation

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### Application

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### Prayer

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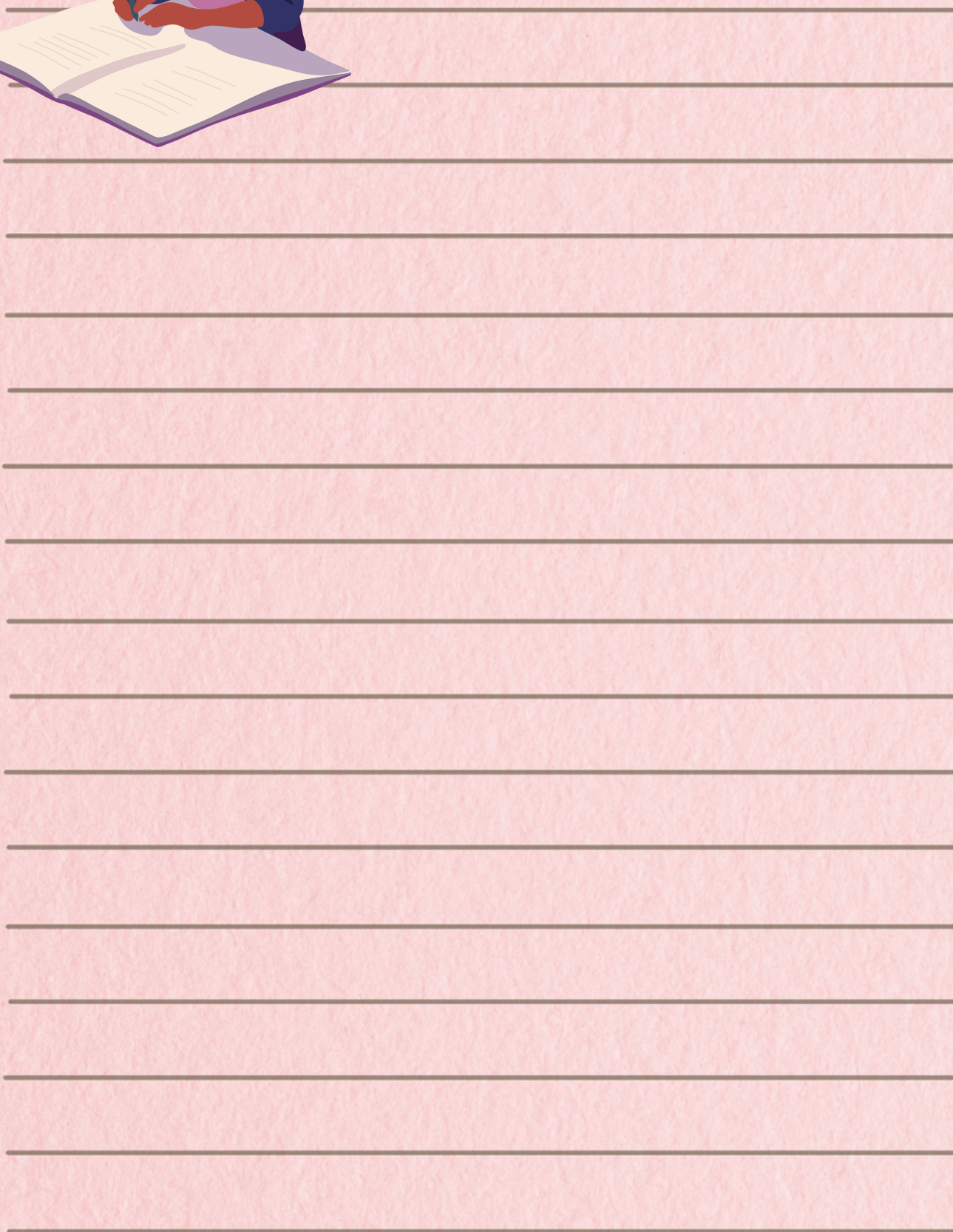
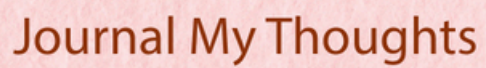
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# Observation Notes



A pink background with horizontal lines. In the top left corner, there is an illustration of a person with dark skin and curly hair, wearing a blue shirt, sitting and writing in a yellow notebook with a purple cover. The notebook is open, showing lined pages. The person's hands are visible, holding a pen. The rest of the page is filled with horizontal lines, suggesting a writing area.



# S.O.A.P. BIBLE STUDY IN ACTION

"Suffering" 1 Peter 4:12-16

## Scripture

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## Observation

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## Application

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## Prayer

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# Observation Notes





## Journal My Thoughts



# S.O.A.P. BIBLE STUDY IN ACTION

"Living by the Spirit" Galatians 5:16-26

## Scripture

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## Observation

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## Application

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## Prayer

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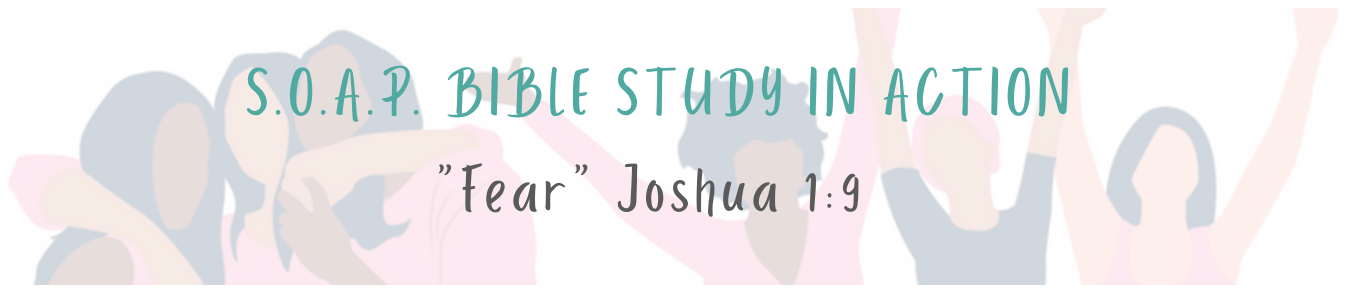


# Observation Notes



## Journal My Thoughts

I'm still thinking...lol...



# S.O.A.P. BIBLE STUDY IN ACTION

"Fear" Joshua 1:9

## Scripture

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## Observation

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## Application

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## Prayer

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# Observation Notes

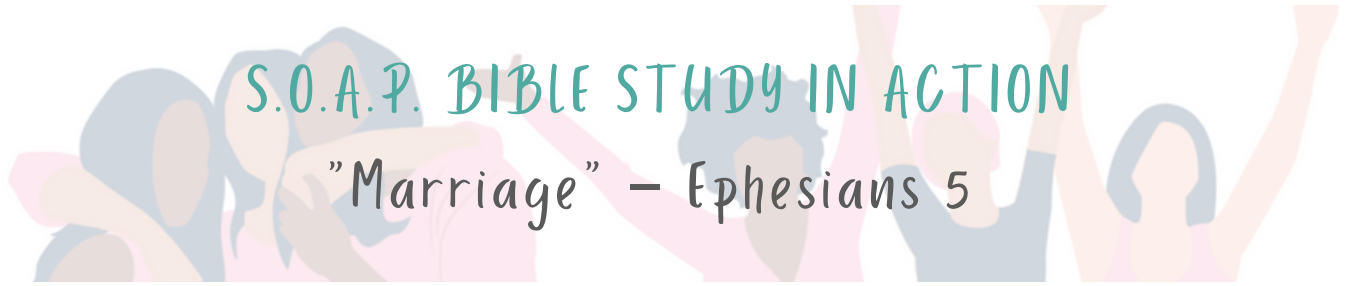




## Journal My Thoughts

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the top-left corner, there is a small, stylized illustration of a brown armchair. Two legs of the chair are visible, and a pair of feet wearing red shoes is sitting on the seat of the chair. The overall appearance is that of a clean, unused notebook or worksheet.





# S.O.A.P. BIBLE STUDY IN ACTION

## "Marriage" – Ephesians 5

### Scripture

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### Observation

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### Application

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### Prayer

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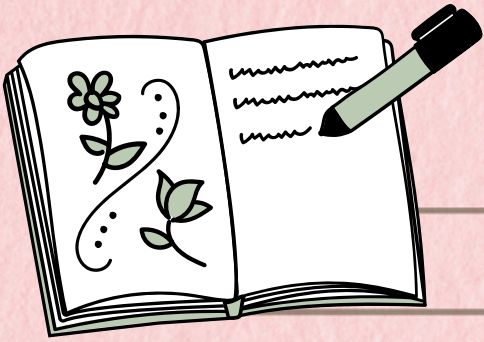
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# Observation Notes

## An illustration of an open notebook with a green cover. The left page features a simple line drawing of a flower with five petals and a stem with two leaves. To the right of the flower is a vertical line with three dots. The right page has three horizontal wavy lines for writing. A green pen with a black eraser is positioned over the right page.



# S.O.A.P. BIBLE STUDY SELF REFLECTION

To reflect on your progress during this Bible Study method, please answer the following questions. Reflection helps you identify where you are rocking it and where you may need a little assistance. You are not alone; remember we are Transforming Together! Please submit this page to [awomansplaceforyou@gmail.com](mailto:awomansplaceforyou@gmail.com) so we can meet you and give you some helpful bible study tools as you go along your journey. God bless!

My biggest challenge(s) with the S.O.A.P. Bible Study method is (are) scripture, observation, application, prayer, or it was too easy:

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This was a challenge because:

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What other Bible study topics are of interest to you? The Bible has solutions for every area of our ordinary lives, so nothing is off the table.

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You should feel empowered! I'm excited about what transformations will take place in your heart and life. Keep praying, studying and applying the Truth to every circumstance. You can do this! Finally, I am so grateful for the woman of God He will lead you to be! God bless...

Nette



## References

Whether you prefer to use online resources or love to hold a book in your hand; reliable bible study resources are a must for effective learning. Here are a few for you to consider.

[www.thriftbooks.com](http://www.thriftbooks.com)  
[www.christianbook.com](http://www.christianbook.com)

### Online resources

BibleGateway - [www.biblegateway.com](http://www.biblegateway.com)  
BlueLetterBible - [www.blueletterbible.org](http://www.blueletterbible.org)  
ESV - English Standard Version Holy Bible  
KJV - King James Version Bible  
Smith's Bible Dictionary  
Strong's Exhaustive Concordance

### Commentaries

Moody Bible Commentary  
Robert Gundry Commentary on the Old  
and New Testament