

DAY 1 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Do you have any dreams for your future that you have been working on for a long time?

SCRIPTURE OBSERVATION

One day Jesus told his disciples a story to show that they should always pray and never give up. “There was a judge in a certain city,” he said, “who neither feared God nor cared about people. A widow of that city came to him repeatedly, saying, ‘Give me justice in this dispute with my enemy.’ The judge ignored her for a while, but finally he said to himself, ‘I don’t fear God or care about people, but this woman is driving me crazy. I’m going to see that she gets justice, because she is wearing me out with her constant requests!’”

Then the Lord said, “Learn a lesson from this unjust judge. Even he rendered a just decision in the end. So don’t you think God will surely give justice to his chosen people who cry out to him day and night? Will he keep putting them off? I tell you, he will grant justice to them quickly! But when the Son of Man returns, how many will he find on the earth who have faith?”

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: “Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. The Pharisee stood by himself and prayed this prayer: ‘I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I’m certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.’

“But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’ I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Luke 18:1-14 NLT

APPLICATION SUGGESTIONS

What do you pray to your Heavenly Father with patience and perseverance?

How do you define “faith”? In what area of your life are you really practicing “faith” now?

What is the difference between fake humility and the real thing—in you?

PRAYER SUGGESTIONS

Lord, thank you for setting my “feet” on a firm foundation and giving me reason to put faith in you. Help me be genuinely honest and truly humble so that I can safely approach you without fear of missing you or falsely exalting myself.

DAY 2 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

What is your response to the fact that Jesus chooses to continue to love YOU?

SCRIPTURE OBSERVATION

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one Spirit, just as you have been called to one glorious hope for the future. There is one Lord, one faith, one baptism, one God and Father of all, who is over all, in all, and living through all.

However, he has given each one of us a special gift through the generosity of Christ. That is why the Scriptures say, “When he ascended to the heights, he led a crowd of captives and gave gifts to his people.”

Notice that it says “he ascended.” This clearly means that Christ also descended to our lowly world. And the same one who descended is the one who ascended higher than all the heavens, so that he might fill the entire universe with himself.

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God’s Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. **Ephesians 4:1–16 NLT**

APPLICATION SUGGESTIONS

What command jumped out to you—and what relationship will be different TODAY?

Are you using your gifts to honor Jesus and benefit yourself, your family, and your church?

Are you “making every effort” to keep “united in the Spirit” with your Christian brothers and sisters?

PRAYER SUGGESTIONS

Lord, I want to express my gratitude for creating me, giving me gifts and a purpose, putting me into a spiritual family, and giving me opportunities to join you in blessing others!

DAY 3 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

If you could have anything or do anything, what would you get and do?

SCRIPTURE OBSERVATION

With the Lord’s authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

But that isn’t what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. **Ephesians 4:17–32 NLT**

APPLICATION SUGGESTIONS

Consider your entertainment choices—what are you enjoying/celebrating and what are you judging and hating? Are you satisfying healthy appetites in your mind and heart?

Are you being careful with your dream/fantasy/wish/thought life? If you got to have and do everything you dreamed of having and doing, would your life be better and blessed by God?

Is there any sin you need to repent of and confess to a trustworthy friend so you can be free of its hold (guilt, shame, habit) on you?

PRAYER SUGGESTIONS

Lord, through your grace and my faith in Jesus (also a gift from you!), thank you for identifying me as your own and guaranteeing that I will be saved on the day of redemption! Help me desire right things and become a stronger representation of Jesus’ presence on earth!

DAY 4 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Who looks to you for influence and direction?

SCRIPTURE OBSERVATION

Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God’s people. Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God. You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world.

Don’t be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him. Don’t participate in the things these people do. For once you were full of darkness, but now you have light from the Lord. So live as people of light! For this light within you produces only what is good and right and true.

Carefully determine what pleases the Lord. Take no part in the worthless deeds of evil and darkness; instead, expose them. It is shameful even to talk about the things that ungodly people do in secret. But their evil intentions will be exposed when the light shines on them, for the light makes everything visible. This is why it is said, “Awake, O sleeper, rise up from the dead, and Christ will give you light.”

So be careful how you live. Don’t live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don’t act thoughtlessly, but understand what the Lord wants you to do. Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ. **Ephesians 5:1–20 NLT**

APPLICATION SUGGESTIONS

Describe how “imitating God” should look in your life TODAY.

“Let there be no sexual immorality, impurity, or greed among you.” What do you need to guard yourself from so you don’t fall into these temptations? What role do you play in helping others be safe from these danger zones?

PRAYER SUGGESTIONS

Lord, help me live a life filled with love, following the example of Christ. Help me to love others, sharing truth with grace. Help me know what pleases you so I can live in your blessing!

DAY 5 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Who can you say this to today? “I’m so grateful that God put you in my life!”

SCRIPTURE OBSERVATION

O LORD, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I’m far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, LORD. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!

I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me. I could ask the darkness to hide me and the light around me to become night—but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.

You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. **Psalm 139:1–16 NLT**

APPLICATION SUGGESTIONS

Out of all the potential people that God did not create, he chose to create YOU to be with him for eternity. If you are struggling with a sense of significance or security (as everyone does to some extent), how does this truth help you realize your own value in God’s eyes?

God knows you intimately, better than you even know yourself. How can you turn TO God in a new way today, and what do you think might happen if you do?

Did you realize the Holy Spirit is with you always, wherever you go? How will that awareness affect your choices today?

PRAYER SUGGESTIONS

Lord, you saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. Thank you for creating me, loving me, pursuing a loving relationship with me, and including me in your plan!