



Winter 2019

We are excited to provide this new resource to our Life Groups. We want to start with a couple reasons why we're offering this type of study. First, we value community; a place where you can be known, be encouraged, and be challenged. We believe everyone needs someone and some place to have biblical conversation and spiritual community. This will never happen accidentally. It takes intentionality. Therefore, be purposeful in your time together with others.

The second reason is to help people engage Scripture in a more meaningful way. Unfortunately, very few people read their Bibles on a daily basis and those who do may feel like, "Now what?" A series-based curriculum will not only provide sermon-based questions so that you all can interact with what was taught during the weekend, but it will also challenge us to do our own personal Bible study using the S.O.A.P. method.

This acronym is really nothing more than a simple way of teaching individuals to do their own inductive Bible study. In other words, it's an easy system that slows people down so that they can engage God's Word through a very simple process. The S.O.A.P. process is explained on the next page. We encourage your group to spend some time allowing people to share what they learned from God's Word in their own personal time. Enjoy your time with your group and enjoy your time with Jesus.

Pastor Jay W. Haugh

Why S.O.A.P.?

It's one thing to simply read scripture, but **when you interact with it, when you learn to slow down to REALLY read it, suddenly words start popping off the page.** By "SOAPing" your verses, you are able to dig deeper into scripture and "see" more than if you simply read the verses and then went on your merry way. Let us encourage you to take the time to S.O.A.P. the daily verses and see for yourself how much more you get out of your daily reading.

What does S.O.A.P. mean?

S – The S stands for Scripture. You physically write out the scripture. This allows you to slow down as you pause to see what God has revealed to us in His Word. This will also greatly help you memorize the verse should you choose to do so.

O – The O stands for Observation. What do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you? One of the helpful things you can observe during your S.O.A.P. is whether God is communicating: (1) A Truth to Believe (2) A Promise to Claim (3) Command to Obey or (4) An Example to Follow.

A – The A stands for Application. 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 is God calling me to repent of (i.e. a change of mindset, Mark 1:15)? What is God calling me to believe or trust Him to do?

P – And finally P stands for 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. Praise and thank God for what He has done and will do in your life.

S.O.A.P. Example: Colossians 1:5-8

S – *The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.*

O – Many times I just bullet my observations... what I'm seeing at first glance when looking at the verses.

- I see "A Truth to Believe" in this passage. In a world that seems to be falling apart the gospel continues to "bear fruit and grow."
- When you combine faith and love, you get hope.
- We have to remember that our hope is in heaven; it is yet to come.
- The gospel is the word of truth.
- It takes one person to change a whole community...Ephaphras.

A – Something that stood out to me today was how God used one man, Epaphras, to change a whole town! I was reminded that we are simply called to tell others about Christ. It's God's job to spread the gospel, to grow it and have it bear fruit. I felt today's verses were almost directly spoken to me...*all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth.* Isn't it fun when God's Word becomes so alive and speaks directly where we are at?!!

P – Dear Lord, please help me to be an "Epaphras." First, I want to continue to experience the life-transforming hope you can bring. Second, help me to tell others about you and then leave the results in your loving hands. Help me to live a life that bears the "fruit" of faith and love...anchoring my hope in heaven, not here on earth. Help me to remember that the BEST is yet to come!

Message 1: January 6, 2019
S.O.A.P. Verses: Ephesians 1:3-4

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 1: Ephesians 1:1-5
Reflect and Discuss

1. How are grace and peace related? Why are they central in the Christian message?

2. What does it mean to be “in Christ”? How might we live out this truth daily?

3. How does Paul describe the church in the book of Ephesians? How is that different from the way people describe the church today?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 2: January 13, 2019
S.O.A.P. Verses: Ephesians 1:13-14

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 2: Ephesians 1:6-14
Reflect and Discuss

1. What does this passage say about worship? How does it move you to praise God?

2. How do some people describe the doctrine of predestination in negative terms? Why should the doctrine of predestination lead us to praise God?

3. How would you explain to a non-Christian what Christ did to accomplish your redemption?

4. Where is God calling you to **change your mind** or the way you're thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 3: January 20, 2019
S.O.A.P. Verses: Ephesians 1:17-19

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 3: Ephesians 1:15-23
Reflect and Discuss

1. Will you pause and pray like Paul—with thanksgiving, intercession, and praise?

2. What in this passage taught you the most about prayer? What is missing in your prayer life?

3. What practical difference would it make if we understood our hope, inheritance, and power better?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 4: January 27, 2019
S.O.A.P. Verse: Ephesians 2:10

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 4: Ephesians 2:1-10
Reflect and Discuss

1. How do you think a typical unbeliever today would respond to this description of a non-Christian: “dead,” a slave of Satan, dominated by appetites, and destined for wrath?

2. Why are the words “But God” so sweet? Why did God make us alive?

3. What is the believer’s future? How should this impact our daily lives?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 5: February 3, 2019
S.O.A.P. Verses: Ephesians 2:13-14

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 5: Ephesians 2:11-22
Reflect and Discuss

1. How does it affect you to “remember” your situation before you knew Christ (2:11-12)? How are you encouraged by meditating on your new status (vv. 13, 19-22)?

2. Which of the three illustrations of the church in 2:19-22—citizens, family or stones—made the biggest impact on you? Explain why.

3. How should this passage change the way we think about the church?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 6: February 10, 2019
S.O.A.P. Verse: Ephesians 3:6

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 6: Ephesians 3:1-13
Reflect and Discuss

1. If you were imprisoned for your faith like Paul, do you think it would make you stronger or discourage you? What steps can you take to strengthen your faith to face all kinds of challenges?

2. How would you explain the “mystery” Paul describes?

3. Are you overwhelmed with Christ’s grace? Why or why not? What can you learn from Paul regarding gratitude for God’s grace?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 7: February 17, 2019
S.O.A.P. Verses: Ephesians 3:17-19

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 7: Ephesians 3:14-21
Reflect and Discuss

1. For what does Paul pray? Pause and pray through these petitions.

2. Why is it important to meditate on the love of God?

3. Why should we pray for God to do amazing things, according to verse 21?

4. Where is God calling you to **change your mind** or the way you're thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 8: February 24, 2019
S.O.A.P. Verses: Ephesians 4:15-16

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 8: Ephesians 4:1-16
Reflect and Discuss

1. Why is unity important in a local church? Describe a typical church that models unity and one that demonstrates division.

2. How can you grow in Christlike character?

3. What responsibilities do you have as a member of a local church?

4. Where is God calling you to **change your mind** or the way you're thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 9: March 3, 2019
S.O.A.P. Verse: Ephesians 4:32

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 9: Ephesians 4:17-32
Reflect and Discuss

1. How does Paul explain the process of personal change? Does it happen by “trying harder” or by becoming a new creation? What is a Christ-follower’s responsibility in this process?

2. How does this passage show the importance of relationships in the Christian life?

3. Distinguish between righteous anger and unrighteous anger.

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 10: March 10, 2019
S.O.A.P. Verses: Ephesians 5:1-2

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 10: Ephesians 5:1-14
 Reflect and Discuss

- Does Paul’s command to love others as Christ loves us seem like an unreachable ideal, or does Jesus’ example give you hope?

- To walk in light we are called to exalt God, exhibit fruit, and expose darkness. What about these points resonates with you?

- What does it mean to expose the works of darkness (v. 11)? How might we do this today? How does the Holy Spirit provide wisdom and boldness for this task?

- Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

- In light of these truths, what is God asking you to **do**? (James 1:22)

Message 11: March 17, 2019
S.O.A.P. Verses: Ephesians 5:18b-21

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 11: Ephesians 5:15-21
 Reflect and Discuss

1. What does it mean to “make the most of the time”? What steps do you need to take to do this in your life?

2. What are some practical ways you can submit to other Christians? How would this affect the unity of your church?

3. What does it mean to “be filled with the Spirit”? What are the effects of this?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 12: March 24, 2019
S.O.A.P. Verse: Ephesians 5:32-33

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 12: Ephesians 5:22–6:9

Reflect and Discuss

1. How might a husband display “sacrificial love” practically? What does it look like for a wife to respect her husband?

2. Are you speaking the gospel to the hearts of your children? How might you do this more regularly?

3. How should this passage change the way we work? Explain.

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 13: March 31, 2019
S.O.A.P. Verses: Ephesians 6:10-11

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 13: Ephesians 6:10-16

Reflect and Discuss

1. From where do Christians derive our strength? How do we do so?

2. How is “standing” significant in literal warfare? What does Paul’s frequent use of “stand” signify in spiritual warfare?

3. Explain the pieces of armor. What does it mean to “take up the armor of God”?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)

Message 14: April 7, 2019
S.O.A.P. Verses: Ephesians 6:17-18

SCRIPTURE

OBSERVATIONS

APPLICATIONS

PRAYER

Message 14: Ephesians 6:17-24

Reflect and Discuss

1. How can you use the “sword of the Spirit”? What’s something practical you can do this week?

2. How is prayer connected to spiritual warfare?

3. How does it encourage you that Paul asked others to pray for him as he proclaimed the gospel?

4. Where is God calling you to **change your mind** or the way you’re thinking (**repent**)? What are the promises you need to **believe**?

5. In light of these truths, what is God asking you to **do**? (James 1:22)



3090 N. Center Point Road

Cedar Rapids, IA 52411

(319) 395-0021

www.ncbc.church