

Equipping For Life

Developing Spiritual Habits is one part of following Jesus for life.

By using the S.O.A.P. acronym you will know what Scripture to read, make some Observations about it, learn to Apply what you read to your life and give you a Pray point.

Along with S.O.A.P. memorizing one scripture a week will help you make Gods word's apart of your life.

S 1 Samuel 19

O Who warns David and helps him escape Saul's attempts to murder him?

1. Saul throws a javelin (spear) at David in hopes of destroying him. David chooses to not fight back or argue with Saul and God saves him over and over again from Saul's attempts.

A 2. Have you ever felt like life or another person was throwing spears at you and trying to destroy you? How did you react? What would be some wise David-like ways to react in these situations?

P Jesus, I pray that my actions would show a trust in You even when it feels like life has spears coming in all directions. Help me to react to negative situations with confidence, hope and joy that You are not going to let anything bring me down.

Bible Memory

Give all your worries and cares to God, for he cares about you. (1 Peter 5:7)

Day 1

S Psalm 59

O What does vs. 7 say the lips of people who lie, swear, ridicule, use sarcasm, etc. are like?

We have all been in David's place when someone has used their words or actions like a sword against us. Sometimes we even tear our own selves down. How were you able to use God as a defense in those times? Put into practice being a defense with God and find ways to say or do encouraging things to someone each day this week!

A

1. Lord, thank you for being my defense. Thank you for creating me in Your image and help me to know that the negative words and actions of others do not reflect Your thoughts of me.
2. Help me to be an encouragement to others. Give me the wisdom to say only things that will build up everyone around me and reflect who they are in You.

P

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Day 2

S 1 Samuel 20

O How were Jonathan and David going to signal whether or not Saul wanted to kill David?

1. It is important to have Christian friends. Friendships that will be loyal to you and hold the same beliefs and values that you have. These friendships will offer accountability and encouragement of what is most important!
2. Attending a church youth group or Sunday school and your Bible club at school are great places to find Christian friends. Who can you reach out to as a "Jonathan" friend this week?

A

P

1. Lord I pray that You allow Christ-like people to surround my life and that my closest friendships would be ones that honor You and help me to grow closer to You.
2. Help me to be a friend like Jonathan. I pray that I would be willing to go the extra mile for anyone who needs a friend.

Bible Memory

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Day 3

S 1 Samuel 21

O Who's sword did David get from the priest, Ahimelech?

A Have you ever been in a position where you felt you needed to lie or pretend to be something you are not? With God we never need to lie or pretend. When our focus is on the Lord, He will always give us a way out. Trust that who God made you is the best you!

Day 4

P Lord, I want to be who You created me to be. Please help me to choose not to lie or pretend to be something I am not in order to fit in. Teach me to have confidence, to be honest and true to myself and to You.

Bible Memory

Give all your worries and cares to God, for he cares about you. (1 Peter 5:7)

S Psalm 56

O What does David do when he feels afraid in vs. 3 and 4?

A The best way to send thoughts of fear or doubt from our mind is to begin to praise God. You can thank Him for times He has helped you in the past. You can sing songs of worship to Him. You can repeat scripture verses. Can you think of other ways to shut the door on fear, doubt or worry that allow God to take over your thoughts?

Day 5

P Pray verses 3 and 4 from this chapter. "When I am afraid I will trust in Thee. By the help of God I will praise You and I will not fear!"

Bible Memory

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S Psalm 34

O Verse 3 challenges us to magnify (so all may see Him!) God by doing what continually?

A This Psalm encourages us to let nothing but what is good and would bring praise to God come from our mouth and heart. Verse 13 tells us to "Keep your tongue from evil and your lips from deceit (lies or anything ungodly)." How can swearing, gossip, sarcasm or backtalk have a negative impact on how others view God?

Day 6

P Jesus, thank you for such simple encouragement and instruction given to me in Psalm 34. All I need to do is let everything I say or do bring honor to You and I will have nothing to fear!

Bible Memory

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S 1 Samuel 22:1-2, Psalm 142

O When David was overwhelmed and desperate, what does Psalm 142:2 tell us he did?

A David was in a cave hiding from Saul. The cave was probably dark, cold, and felt like a prison. David's surroundings and situation seemed hopeless, but he remembered what to do: Cry out to God! No matter what is happening or where you are at, God hears you. He cares about you. What are you going to do the next time you are in a tough situation?

Day 7

P 1. Lord God, thank you that you hear me when I cry out to You.
2. You are my Help and You will rescue me.

Bible Memory

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