

# 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 24

- O**
1. What did David's men want him to do to Saul and what did David actually do?
  2. What does the Bible say David felt after he had cut off a piece of Saul's robe?

**A** David was convicted for cutting off a piece of Saul's robe, even though David did not harm him. David was troubled because he acted wrongly against Saul who was God's anointed king. When you do something wrong are you troubled by it? Do you feel bad? When you sin, run to God to confess your sin. How can you keep your heart sensitive to allow the Holy Spirit to let you know when you sin?

**Day 1**

- P** Lord, create in me a pure heart and let that purity of heart be shown in my actions.

## Bible Memory

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding.  
(Proverbs 2:1-2)

**S** Psalm 57

- O**
1. In verses 4 & 6, what does David say people are doing?
  2. In verses 5 & 7, what is David's responses?

**A** David was pursued by Saul everyday for a number of years. Day in and day out, David had to find safe places for his men. Not only that, but David had to deal with mean and untrue words spoken about himself. Words are powerful. David responded by telling God about it and then praising God. He trusted the Lord to take care of the situations. How can you respond like David?

**Day 2**

- P**
1. I will cry to God Most High, Who performs on my behalf *and* rewards me [Who brings to pass His purposes for me and surely completes them] Psalm 57:2
  2. Thank you God for giving me safety and dealing with the people that try to harm me.

## Bible Memory

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(Proverbs 2:1-2)

**S** 1 Samuel 25

- O** Why did Abigail hurry to meet David? What did she do?

**A** Abigail lived in a culture that didn't place a high value on women, but she didn't let that stop her. She promoted peace and responded to David the way Nabal should have and saved many lives. No matter what other people may think of you, remember what God says about you and honor Him with your actions. He calls you a dearly loved child, a treasured possession, and a new creation. Look in the Bible to see what else God says about you.

**Day 3**

- P**
1. Thank you Lord that I am fearfully and wonderfully made. You know all about me and love me more than anyone.
  2. I am forgiven; I am free; and I am Your workmanship. Praise the Name of the Lord.

## Bible Memory

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding.  
(Proverbs 2:1-2)

**S** 1 Samuel 26

- O**
1. What did Abishai want to do?
  2. What did David take from Saul? How did David's and Saul's encounter end?

Abishai wanted to kill Saul to protect David, but David said no. Abishai could have taken matters into his own hand, ignore David, and do what he thought should be done because he didn't agree with David. Instead, Abishai obeyed David who was the authority over him. God places people in your life to take care of you, to help and to guide you. What can you do to show respect and to honor the authority figures in your life?

**A**

**Day 4**

**P** Father, may I show respect for everyone as your Word commands. (1 Peter 2:17)

**Bible Memory**

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding.  
(Proverbs 2:1-2)

**S** 1 Samuel 27

- O** Why did David go to Gath?

While in Philistine territory, David and his men raided Philistine towns, but told King Achish they were raiding Israelite towns. Why was David deceiving the king? David may have thought he had good reasons to lie, but lying is wrong. How can lying actually make your situation worse? What can you do to not get yourself in a situation where you think you need to deceive someone?

**A**

**Day 5**

**P** Lord, help me to keep my tongue from evil and my lips from speaking lies. (Psalm 34:13)

**Bible Memory**

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding.  
(Proverbs 2:1-2)

**S** 1 Samuel 28

- O** What did Saul do when he found out the Philistines were going to attack?

God did not answer Saul's requests for guidance and help because Saul did not obey God's earlier commands. Saul was desperate for guidance so he turned to a fortune teller. Instead of repenting for not obeying, Saul was falling further away from God. He was trying to find answers to problems in ways that were not pleasing to God. Has God asked you to do something that you have not done yet? If so, how can you quickly obey and not fall further away from God.

**A**

**Day 6**

**P** Lord, remind me of anything you have asked me to do that I have not done yet. I want to be quick to obey

**Bible Memory**

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding.  
(Proverbs 2:1-2)

**S** 1 Samuel 30

- O** How did the men who fought with David react when they returned from battle to the men who stayed behind?

David knew how important each job was to a successful mission. Some positions are behind the scenes where no one sees or positions that not many people know even exist. You are part of a team and you are needed to do your best no matter what. If you are in a place where others see you, how can you support those in the background? What can you do to encourage those who are on your team?

**A**

**Day 7**

**P** Lord, whatever I do, I want to work at it with all my heart, as working for You, Lord, not for men.

**Bible Memory**

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