

**HIGHER**  
**Tools to Get Above It All**  
**Upgrading Your S.O.A.P (Meditation)**  
**Psalm 1:1-3**

**SOAP with Psalm 1:1-3**

1. Happy - who does not:
  - walk, stand, sit ...
2. Delights in law
  - Meditates day and night
3. Results:
  - Firmly planted
  - Yields fruit in season
  - Leaf not wither
  - He prospers in everything

**Key Points in Today's Message**

1. Why are we doing a series on the "Disciplines"?
2. What is Biblical "meditation"?
3. Meditation is a process of discovering God in the inner depths.
  - Bible Study is course 1, meditation is 2.
  - After SOAP
  - Communing with Christ through His Word

**How To Do Meditation?**

1. Personal. One on one with God.
2. Submit to the process.
3. Choose a passage that has meaning to you.
4. Use SOAP on the passage.
5. Repeat verses, phrase by phrase

6. Ask the Holy Spirit to personalize the verse.

## **Next Steps**

1. Choose a passage, right now.
2. After SOAP, begin the day meditating on the passage.
3. Let me know by emailing me at [kip@yourbethany.org](mailto:kip@yourbethany.org)

## **Verses**

### **Psalm 1:1-3**

1Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;2but his delight is in the law of the Lord, and on his law he meditates day and night.3He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

### **Rev 6:7**

7When he opened the fourth seal, I heard the voice of the fourth living creature say, "Come!"

### **Matt 6.22**

22 "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,