

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

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,