

Weekly Devotional #2 | March 20-26, 2022

Prepare: Position for More



Introduction

The Bible is divine revelation God's own word to us. It reveals who God is, who we are and why we are here. Through Bible study we gain insights into God, human nature and creation. Studying Scripture can equip, guide and reveal how to live in life-giving ways that deepen our friendship with God and others. Both Old and New Testaments encourage regular study, meditation, contemplation and memorization of God's Word. The benefits of Bible study are directly related to how open, attentive and obedient we are to what we read. Jesus exemplified the love of God's Word in every area of his life. He used Scripture to answer those who tested him, resist temptation, find guidance, encourage his heart, comfort others, explain his actions and ultimately face his own death.

The rhythms in which we are unpacking become intertwined in our relationship with God. We hope you have become accustomed to a rhythm of stopping, resting, delighting, and reflecting in the presence of God. His presence is enough and may He speak to you through His Word.

This series is designed for you to explore how you best rest in the presence of God. Visit stonecrestchurch.com/prepare for more resources in addition to each weekly devotional guide.

Weekly Structure

This week, we will adopt a method of scripture reading, called S.O.A.P., that can be used in your daily rhythms with God. Find a way to journal your thoughts as you S.O.A.P - in a written journal, digital note, voice memo, whatever works for you.

S: Scripture:

- Read the passages
- Make note of a verse or phrase that jumps out at you.
- Copy that verse at the top of your journal

O: Observation:

- Observe what the verse is saying and why it might be jumping out at you.
- Write down what you're seeing and noticing in the passage.
- Ask the Holy Spirit to teach you and reveal Jesus to you.

A: Application:

- How does this apply to you and what do you think God might be saying to you?
- Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P: Prayer:

- This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, Prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

This week:

- ❖ Day 1 — Sunday discovery guide of the worship service, designed to process with your spiritual community/transformational relationships/group
- ❖ Day 2-6 — Daily devotionals for yourself
- ❖ Day 7 — Sabbath reflection

DAY 1: MARCH 20

Discovery Guide - Scripture

- How was God speaking to you while you were singing/listening?
- Were you able to establish a daily rhythm with God last week? What worked for you and what didn't?
- Were you able to take Sabbath in the last week?
 - What was hard for you?
 - Did you realize anything new about yourself? about God?
 - How did God speak to you?
- What are the barriers that come between you and engaging scripture?
- What are the breakthroughs that Jesus is leading you into?
- What blessings are you looking forward to in engaging scripture?

Scripture: Read John 1

Observe:

Application:

Pray:

DAY 2: MARCH 21

An example of S.O.A.P Journaling

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 2

Make note of a verse or phrase that jumps out at you.

John 2:25 He did not need any testimony about mankind, for he knew what was in each person.

Observe:

Observe what the verse is saying and why it might be jumping out at you.

Write down what you're seeing and noticing in the passage.

Ask the Holy Spirit to teach you and reveal Jesus to you.

Jesus knows who we are. He not only knows us but also what is *in* us. He knows already what is beneath the surface even before we come to Him.

Application:

Personalize what you have read, by asking yourself how it applies to your life right now.

This is a humbling truth that is a good reminder that Jesus knows what is in me even if I don't know what it is. As I dig into my own soul and raise my self-awareness, I know Jesus is with me. I don't have to fear because He knows me and is with me.

Pray:

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, Prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

Jesus, thank you that you know me better than myself. Continue to lead me to where I need to go. Show me who I am in You. Rid me of the things that may be in me that are not from You. Guide me to what needs to come into the light. Thank you for your presence. In Jesus' name. Amen.

DAY 3: MARCH 22

S.O.A.P. Journaling

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 3

Observe:

Application:

Pray:

DAY 4: MARCH 23

S.O.A.P Journaling

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 4

Observe:

Application:

Pray:

DAY 5: MARCH 24

S.O.A.P Journaling

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 5

Observe:

Application:

Pray:

DAY 6: MARCH 25

S.O.A.P Journaling

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 6

Observe:

Application:

Pray:

DAY 7: MARCH 26

Your Sabbath - Reflect on your 24 hours of rest

What did you do on your Sabbath? Why?

What was life giving on your Sabbath? What was not life-giving?

What could you shift for your next Sabbath?

What did you sense from the Lord during your day of rest?

