

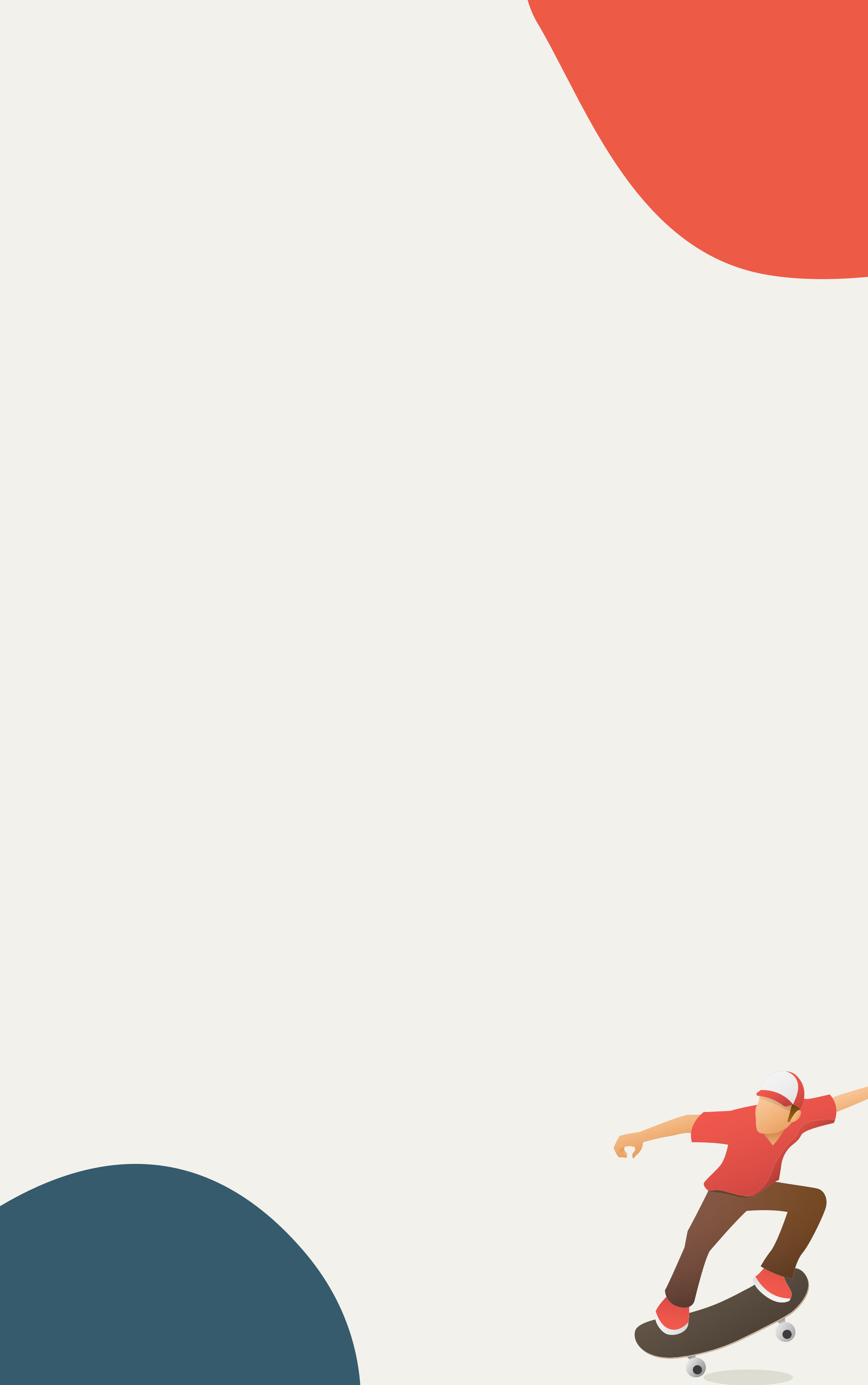


SOAP JOURNAL

& other Lockdown activities

BY _ _ _ _ _





How to SOAP



Scripture – Watch the Video and READ the verse of the week. Try reading it from a few versions. Write the verses or draw what happened on your SOAP under S.



Observation – What is the verse saying? How are people feeling? What is Jesus or God doing and saying? Why?



Application – God is everywhere and always with us. You can be anywhere and be with God. You can talk with God anytime. Where are places you like to be with God? How can you remember to look and listen to God everywhere you go?



Prayer – God is with us! Write out your desires and prayers of what you'd love to see Jesus do in you, in your family and in our world.

Wk 7

33 Anyone who accepts his testimony can affirm that God is true. 34 For he is sent by God. He speaks God's words, for God gives him the Spirit without limit. 35 The Father loves his Son and has put everything into his hands. 36 And anyone who believes in God's Son has eternal life.

John 3:33-36

A stylized illustration of a woman with long, flowing red hair. She is wearing a red dress with a dark blue, patterned shawl or cardigan over her shoulders. She is holding a white rectangular sign with both hands. The sign has the text 'Verse of the week' written on it in a dark blue, sans-serif font. The background of the entire image is a light beige color, with a large, dark blue, organic shape in the upper right corner that frames the main text.

**Verse
of the
week**

Date:

S

READ the story of John the Baptist pointing to Jesus – the One who is greater. (Luke 3:22-36) Write the verses or draw what happened on your SOAP under S.

O

What are the verses saying? Imagine being by the lake. You’re hanging out with John the Baptist, you think he’s an amazing man to follow and suddenly you’re being pointed to another.

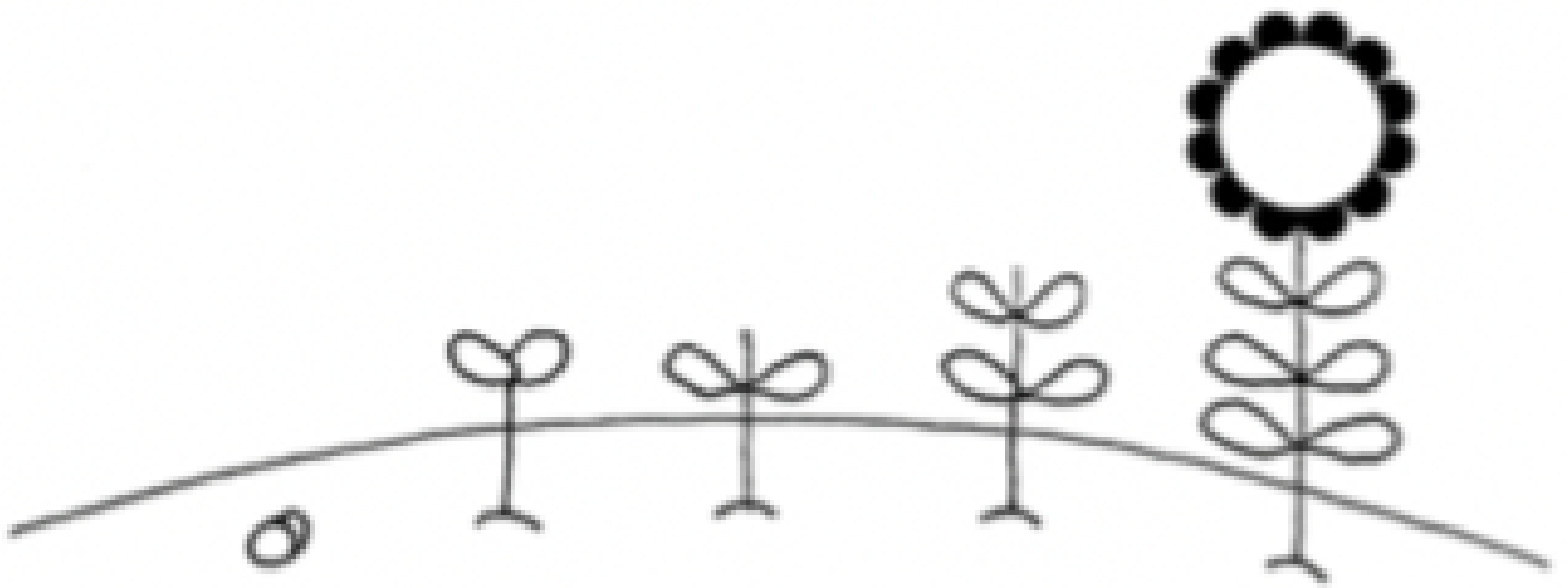
A

Who do you listen to in your life? Are there some people who are trustworthy and others who aren’t? What do you believe about Jesus? What do you think this eternal friendship and life might look like?

P

As you pray today, put your faith/ belief in Jesus. He is greater and holds everything in His hands.

Activity



faith is like a little seed if planted it will grow

Cut out and glue some of these beliefs in the soil. Watch them grow! They are seeds of faith, true things we can believe about us and God.



Family Time

Activity: Trust Walking

This activity only works when you commit to being trustworthy: keeping true to your word through your actions. Partner up and take it in turns to be blindfolded while your partner takes you by the hand around the house or backyard. Swap over and feel what it is like to believe. Even though you can't see what's happening, you believe that your family member will keep you safe.

Discussion

Share about a time when a friend has not been trustworthy with you. What might be most exciting about believing in God? What is your favourite promise from Jesus?



13 Jesus replied, "Anyone who drinks this water will soon become thirsty again. 14 But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

John 4:13-14



**Verse
of the
week**

Date:

S

READ the story of Jesus with the Woman at the Well (Luke 4:1-30) Write the verses from above or ones that jump out to you or draw what happened on your SOAP.

O

What are the verses saying? Imagine if you were the woman. You know you are not a ‘good person’, that’s why you’re out getting water while no one else is nearby. You meet this man who is talking about water but He is offering you something that could change your life! What does she say/do?

A

What does it mean to have a “bubbling spring within”?

P

Chat with God about life with Him, how you feel broken and how you would love to be restored.

Activity

Find seven (7) differences



Family Time

Activity: Mosaic

Cut up some wrapping paper or used cards you've been saving. Glue these broken parts to make something new – your favourite animal, flower or landscape.

Discussion

Name something that is more beautiful when it has been broken and put back together or restored? Why?



I say, wake up and look around.
The fields are already ripe for
harvest. 36 The harvesters are
paid good wages, and the fruit
they harvest is people brought to
eternal life. What joy awaits both
the planter and the harvester
alike!

John 4:35-36

A stylized illustration of a woman with long, flowing red hair. She is wearing a red dress with a dark blue, patterned shawl or cardigan over her shoulders. She is holding a white rectangular sign with both hands. The sign has the text 'Verse of the week' written on it in a dark blue, sans-serif font. The background is a light beige color with a large, dark blue, organic shape in the upper half.

**Verse
of the
week**

Date:

S

READ the story of the disciples chatting with Jesus. (Luke 4: 31-42) Write the verses or draw what happened on your SOAP under S.

O

The disciples have totally missed what has just happened with the woman at the well. She has met Jesus, the One who restores her and is now a friend. They are talking about lunch. What is Jesus pointing out to them ?

A

Do you sometimes miss what God is doing in the world? Are there things that are on your mind that make you worried? What might it look like if you believed that Jesus loves you and will look after you, so now you can look to being part of what God is doing?

P

Offer your worries and concerns to God. He hears you and cares for you.

Activity

*Think of your friends who are ready to hear about
how amazing Jesus is? What can you say to them?
How can you show them Jesus loves them?*

*I can blow out
my worries.
Write them on
the bubbles. Now
lift up your eyes.*

*Who is God
inviting you to
share His love
with?*



Family Time

Activity: Three Things

You can play this around the dinner table. Each family member focuses on what is around you. Name 3 things you can see, hear and feel. Ramp up the difficulty – each seen, heard and felt thing can only be used once.

Discussion

What are some things that make you worry?
What are some things that make you smile?
What things might Jesus do in your friends life that would make them smile?



50 Then Jesus told him, “Go back home. Your son will live!” And the man believed what Jesus said and started home.

John 4:43-54



**Verse
of the
week**

Date:

S

READ the story of The Official (Luke 4:43-54) Write the verses from above or ones that jump out to you or draw what happened on your SOAP.

O

What are the verses saying? Imagine knowing that something bad is happening in your life and you can't do anything about it. This made the Official look to Jesus and what He is able to do. Write or draw what happens.

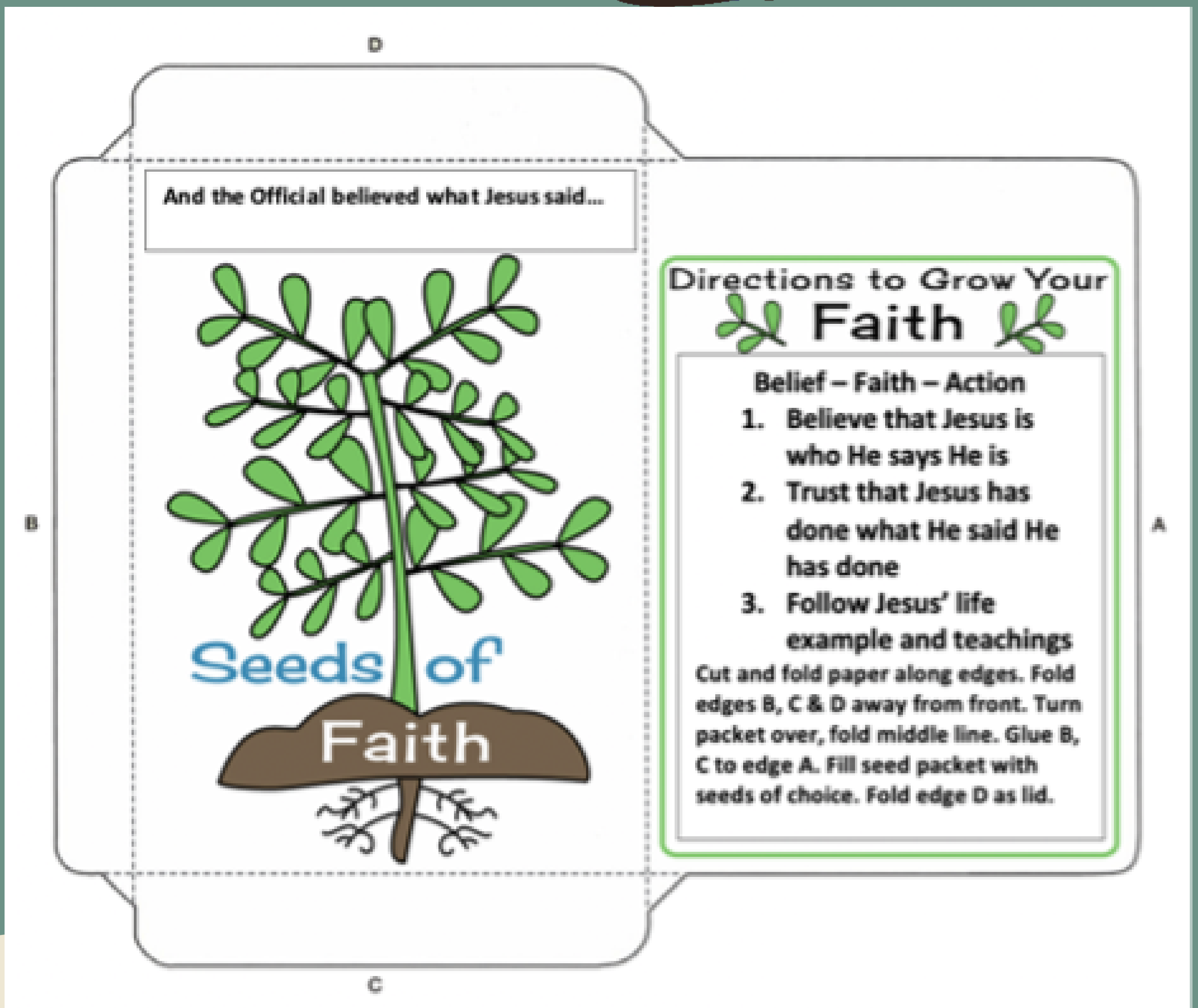
A

What do you think of the Official's belief in Jesus? Have you ever had faith in Jesus like this? How do you think his action of going home and trusting changed the Officials life? What does it do when you act on what Jesus promises you?

P

Chat with God about some actions that might encourage you to have hope and continue to trust.

Activity



Family Time

Activity: Top-deck chocolate game

Time to get gardening! Grab a pot or any container, soil and herb/ flower seeds. Spend some time giving it the right conditions (Sunlight, water, soil, good seed) and wait for the flower to grow. Link: We're like the flower when we hear God's Word and believe His words to be true we have faith that what He says, He will do.

Discussion

Have you heard of the phrase "actions speak louder than words?" Do you think it's true? What ways do you show actions that express love and kindness at home? What actions do I do that shows that I believe in Jesus?



