



SOAP Process for Fellowship Groups

SOAP (**S**cripture, **O**bservation, **A**pplication, **P**rayer) is a structured method of helping individuals and groups to process, journal, reflect on, and apply God's Word to their personal lives.

REST #3 – THE POWER OF ‘NO’

MARCH 31, 2019

SCRIPTURE: Read out loud the assigned passage(s) of Scripture two times. Allow God's Words to settle deeply into your heart and mind.

Matthew 11:28: Come to me, all you who are weary and burdened, and I will give you rest.

Daniel 1:8-21: ⁸But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. ⁹Now God had caused the official to show favor and compassion to Daniel, ¹⁰but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." ¹¹Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹²"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." ¹⁴So he agreed to this and tested them for ten days. ¹⁵At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. ¹⁶So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. ¹⁷To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds. ¹⁸At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. ¹⁹The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. ²⁰In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom. ²¹And Daniel remained there until the first year of King Cyrus.

OBSERVATION: Observe the text individually in silence. Write down your insights. Ask the Holy Spirit to teach you and reveal truth to you.

Write down as many observations as you can about the passage(s).

- What jumps out to you in the passage?
- Who is it written by? Who is it written to?
- What's one thing you didn't notice before?
- What seems interesting or unusual?
- What comes before and after the text?
- Is there repetition, comparison, or contrast?

APPLICATION | Discuss the observations that each of you made and talk about how to apply the teaching to your everyday lives.

What will you do this week to put into action the 30-day challenge of saying "No"?

PRAYER | Close with prayer.

Ask God to give you the wisdom to know what you need to say "No" to, and the courage to have the discussion(s) you need have.