

S.O.A.P. BIBLE STUDY METHOD

SOAP is a simple method for reading and applying God's word to our lives. SOAP stands for Scripture, Observation, Application and Prayer and involves four simple steps:

- 1. Scripture** – What verse of scripture stood out as you read through today's Psalm(s)?
- 2. Observation** – What observation did you make about that verse?
- 3. Application** – How does that verse apply to your life?
- 4. Prayer** – Pray for God to apply the truth of each day's scripture to your life. As you pray at the end of a psalm, consider praying your own prayer in the same theme as that of the psalm. Here's some advice to get you started each day.
 - For lament psalms, bring your own anger, sadness, and fear before God, and reflect on times he's helped you in the past.
 - For praise psalms, continue to praise God for attributes you adore in Him; they can be the same or different attributes from the attributes you read about that day.
 - For protection psalms, ask God to protect you from dangers and enemies you face.
 - For repenting psalms, seek God's forgiveness for sin. Celebrate the assurance of forgiveness found in Jesus.
 - For royal psalms, praise the only King who still lives forever—Jesus! If the psalm prays for Jerusalem, pray for the Church all around the world.
 - For thanksgiving psalms, gives thanks to God in your own words for things similar to or different than you read that day.
 - For wisdom psalms, reflect on your own life. Have you avoided the warnings and embraced the advice this psalm gives? Ask God to help you live righteously.

HOW TO USE THIS READING GUIDE

If this is your first time to use a Bible reading plan, welcome! You're beginning in the book of Psalms. The psalms are a collection of ancient prayer-songs found in the Old Testament—right in the middle of the Bible. This collection taught ancient followers how to pray, and we believe it can still help us today.

Here are some best practices to make the most of your reading time:

- 1. Settle in.** Find a time and place in your day where you can be somewhat comfortable and free of distractions for 15 minutes.
- 2. Find the psalm(s) for the day.** Find the psalm or psalms for the day in the reading guide and note the small letters printed next to each Psalm. These letters indicate the type of Psalm you are about to read.
- 3. Review the types of psalms to prepare your mind and heart.** There are many types of prayers found in the psalms. Before reading each psalm, read the type-description on the interior of this guide to prepare your mind and heart for the theme you are about to encounter in each day's psalm(s).
- 4. Read the psalm(s) slowly.** Consider reading it aloud if appropriate.
- 5. SOAP your psalms!** After each psalm, turn to the SOAP Bible Study Method in this guide and begin reflecting on what you have read. You can do this silently, but it might be more impactful to record your Scripture, Observations, Applications, and Prayers in a notebook or journal.

Scan the QR code for additional resources.



SUMMER IN THE PSALMS

Come & Surrender

1% more of my life to
Jesus for the purpose
of Kingdom living.

DAY READING

- 001 Psalm 1^{PRA} & 2^W
- 002 Psalm 3^{PRO} & 4^L
- 003 Psalm 5^L & 6^L
- 004 Psalm 7^L & 8^T
- 005 Psalm 9^T
- 006 Psalm 10^L
- 007 Psalm 11^L & 12^L
- 008 Psalm 13^L & 14^L
- 009 Psalm 15^W & 16^T
- 010 Psalm 17^T
- 011 Psalm 18^T
- 012 Psalm 19^{PRA}
- 013 Psalm 20^{RO} & 21^{RO}
- 014 Psalm 22^L
- 015 Psalm 23^{PRO} & 24^{PRA}
- 016 Psalm 25^{RE} & 26^L
- 017 Psalm 27^{PRO}
- 018 Psalm 28^L & 29^{PRA}
- 019 Psalm 30^T
- 020 Psalm 31^L
- 021 Psalm 32^{RE}
- 022 Psalm 33^{PRA}
- 023 Psalm 34^T
- 024 Psalm 35^L
- 025 Psalm 36^{PRO}
- 026 Psalm 37^L
- 027 Psalm 38^{RE} & 39^{RE}
- 028 Psalm 40^L
- 029 Psalm 41^{RE}
- 030 Psalm 42^T & 43^L
- 031 Psalm 44^L
- 032 Psalm 45^{RO}
- 033 Psalm 46^{PRO} & 47^{PRA}
- 034 Psalm 48^T
- 035 Psalm 49^L
- 036 Psalm 50^W
- 037 Psalm 51^{RE}
- 038 Psalm 52^W & 53^W

DAY READING

- 039 Psalm 54^L
- 040 Psalm 55^L
- 041 Psalm 56^L & 57^L
- 042 Psalm 58^L
- 043 Psalm 59^L
- 044 Psalm 60^L & 61^L
- 045 Psalm 62^{PRO} & 63^{PRO}
- 046 Psalm 64^L & 65^{PRA}
- 047 Psalm 66^T & 67^{PRA}
- 048 Psalm 68:1-18^L
- 049 Psalm 68:19-35^L
- 050 Psalm 69^L
- 051 Psalm 70^L & 71^L
- 052 Psalm 72^{RO}
- 053 Psalm 73^{RE}
- 054 Psalm 74^L
- 055 Psalm 75^{PRA} & 76^T
- 056 Psalm 77^L
- 057 Psalm 78:1-30^W
- 058 Psalm 78:31-72^W
- 059 Psalm 79^{RE} & 80^L
- 060 Psalm 81^W & 82^W
- 061 Psalm 83^L
- 062 Psalm 84^{PRA} & 85^{RE}
- 063 Psalm 86^L & 87^{PRA}
- 064 Psalm 88^L
- 065 Psalm 89:1-37^L
- 066 Psalm 89:38-52^L & 90^L
- 067 Psalm 91^{PRO} & 92^{PRA}
- 068 Psalm 93^{PRA} & 94^L
- 069 Psalm 95^{PRA} & 96^{PRA}
- 070 Psalm 97^{PRA} & 98^{PRA}
- 071 Psalm 99^{PRA}
- 072 Psalm 100^{PRA} & 101^{PRA}
- 073 Psalm 102^L
- 074 Psalm 103^{PRA}
- 075 Psalm 104^{PRA}
- 076 Psalm 105^T

DAY READING

- 077 Psalm 106^L
- 078 Psalm 107^T
- 079 Psalm 108^{PRO}
- 080 Psalm 109^L
- 081 Psalm 110^{RO} & 111^{PRA}
- 082 Psalm 112^W & 113^{PRA}
- 083 Psalm 114^{PRA} & 115^{PRA}
- 084 Psalm 116^T & 117^{PRA}
- 085 Psalm 118^T & Psalm 119:1-16^{L&PRA}
*א, ב**
- 086 Psalm 119:17-56^{L&PRA}
*ג, ד, ה, ו, ז, ח**
- 087 Psalm 119:57-96^{L&PRA}
*ט, י, יא, יב, יג**
- 088 Psalm 119:97-136^{L&PRA}
*יד, טו, טז, טז, יז**
- 089 Psalm 119:137-176^{L&PRA}
*יח, יט, כ, כא, כב, כג**
- Psalms of Ascent Begin*****
- 090 Psalm 120^L & 121^{PRO}
- 091 Psalm 122^{RO} & 123^L
- 092 Psalm 124^{PRA} & 125^{PRO}
- 093 Psalm 126^L & 127^W
- 094 Psalm 128^W & 129^L
- 095 Psalm 130^{RE} & 131^{RE}
- 096 Psalm 132^{RO} & 133^{PRA}
- 097 Psalm 134^{PRA} & ***Psalms of Ascent End*****
Psalm 135^{PRA}
- 098 Psalm 136^T & 137^L
- 099 Psalm 138^{PRA} & 139^{PRA}
- 100 Psalm 140^L & 141^L
- 101 Psalm 142^L & 143^L
- 102 Psalm 144^{PRA}
- 103 Psalm 145^{PRA}
- 104 Psalm 146^{PRA} & 147^{PRA}
- 105 Psalm 148^{PRA} & 149^{PRA}
- 106 Psalm 150^{PRA}

***Psalm 119** is a Hebrew acrostic—every two stanzas begin with a letter of the Hebrew alphabet. The Hebrew letters indicated here.

THE DIFFERENT TYPES OF PSALMS

Review the Types of Psalms to Prepare Your Heart and Mind

Each day, before reading your psalm(s), review the description of the psalm type below to prepare your heart and mind for the prayer you are about to read. Psalm types are indicated by the superscript letter code next to each psalm. After reading, turn to the SOAP Bible Study Method on the back of this guide to go more in-depth with the day's reading.

L Lament psalms cry out to God in pain and sorrow. Most try to remember how He has helped us in the past.

PRA Praise psalms worship God for His power, character, mercy, love, etc.

PRO Protection psalms ask God to protect us from dangers and enemies.

RE Repenting psalms seek God's forgiveness for sin.

RO Royal psalms ask God to bless the king of Israel or the capitol city, Jerusalem. Some are prophecies of the coming King in the line of David...Jesus! (*i.e. Psalms 110, 132*)

T Thanksgiving psalms thank God for His actions in history and in our lives.

W Wisdom psalms give us warnings against sin or advice for living righteously.

****Psalms of Ascent:** These are psalms about going home to God. It is thought Jewish pilgrims prayed these as they walked up Mount Zion to Jerusalem when they came home for the great feasts.