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*My Daily S.O.A.K.*

A Personal Journey Through the New Testament One Day and One  
Chapter at a Time

# Introduction

## HOW TO USE MY DAILY S.O.A.K.

### WHAT'S IN THIS FOR ME?

If you begin using *My Daily S.O.A.K.* journal on any day of any year and follow it weekly, you will read and meditate on the entire New Testament in one year.

### WHAT DOES S.O.A.K. MEAN?

It is an acronym.

- S.** Scripture bite: a little bit of Scripture from another part of the Bible to enhance the chapter you read each day.
- O.** Observation: A thought to ponder.
- A.** Application: How does this apply to your life?
- K.** Konnection: Connecting with God and others about what you learned from your Bible reading and application.

### WHAT WILL I NEED?

Bible  
Pen and highlighter  
My Daily S.O.A.K. journal  
15–20 minutes

### WHAT DO I HAVE TO DO?

1. Scripture bite: Read the daily:
  - Scripture bite
  - Observation
  - Bible chapter assignment

2. Observation: Using your highlighter mark everything that stands out to you as you read your Bible.
3. Application: Review and think through:  
The verses you marked  
The observation and questions in My Daily S.O.A.K.  
Write out your thoughts while they are fresh.
4. Konnection: Talk to God and to others about what you learned during your time in God's Word and My Daily S.O.A.K.

# Week One

MATTHEW 1—5

## Day 1

### SCRIPTURE BITE:

*I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you.* JER 1:5 NLT

*God, who set me (Apostle Paul) apart from birth and called me by his grace.*  
GAL 1:15 NIV

*Before I was born the LORD called me; from my birth he has made mention of my name.*

ISA 49:1 NLT

### OBSERVATION:

No one in the list of Jesus' ancestors was there by mistake or surprise to God.

## Read Matthew 1

### APPLICATION:

Write out your thoughts:

When did God first know you?

Does he have something special for you to do?

Do you think there might be someone famous down the line in your family?

KONNECTION:

Dear God, thank you for reaching out to me and having a plan for my life.

*Amen.*

## **Day 2**

SCRIPTURE BITE:

*You (God) know when I sit down or stand up. You know my every thought when far away. You chart the path ahead of me and tell me where to stop and rest. Every moment you know where I am. You know what I am going to say even before I say it, LORD. You both precede and follow me. You place your hand of blessing on my head.*

PS 139:2–5 NLT

OBSERVATION:

Notice how the Scripture in Psalms applies to the people in Matthew.

## Read Matthew 2

### APPLICATION:

Write out your thoughts:

How well does God know you?

Will he guide and protect you as he did the people in Matthew?

### KONNECTION:

Oh God, it is so awesome to think about all the ways you know me. I pray that my thoughts always please you. *Amen.*

## Day 3

### SCRIPTURE BITE:

*Then he breathed on them and said to them, "Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven. If you refuse to forgive them, they are unforgiven."*

JOHN 20:22–23 NLT

### OBSERVATION:

Jesus always sets the right example for us to follow.

## Read Matthew 3

### APPLICATION:

Write out what Jesus is saying to you today.

Does he expect you to follow his example?

Is he asking anything specifically of you?

### KONNECTION:

Father God, thank you for sending Jesus and Holy Spirit to help me learn to hear you and to help me make the right choices. *Amen.*

## Day 4

### SCRIPTURE BITE:

*(Satan speaking) "Did God really say you must not eat any of the fruit in the garden?" "Of course we may eat it," the woman told him. "It's only the fruit from the tree at the center of the garden that we are not allowed to eat. God says we must not eat it or even touch it or we will die."*

GEN 3:1–3 NLT

### OBSERVATION:

One of Satan's tricks is getting the believer to question God's Word.

## Read Matthew 4

### APPLICATION:

Write about how important it is for you to read and meditate on God's Word everyday.

What power will the Word give you?

What else did you find in Matthew 4 that will add to your life?

### KONNECTION:

Lord, give me a hunger for your Word and an understanding of how to use it against the temptations of the enemy. *Amen.*

## Day 5

### SCRIPTURE BITE:

*In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will, that we who first trusted in Christ should be to the praise of His glory.*

EPH 1:11—12 NKJV

### OBSERVATION:

The Scripture from Ephesians states that God has given all believers an inheritance and a purpose. As you read Matthew find examples of your inheritance and purpose.

## **Read Matthew 5**

### **APPLICATION:**

Write about what it means for you to be salt and light to the world.

How can living out the Scripture in Matthew bring glory to God?

Are you actively experiencing the blessed life Jesus is talking about?

If you are, praise God. If not, are you willing to do whatever it takes to make any change God is requiring of you?

### **KONNECTION:**

Dear God, I really want your light to shine through me. Help me live my life in a way that brings glory to you in everything I do. *Amen.*