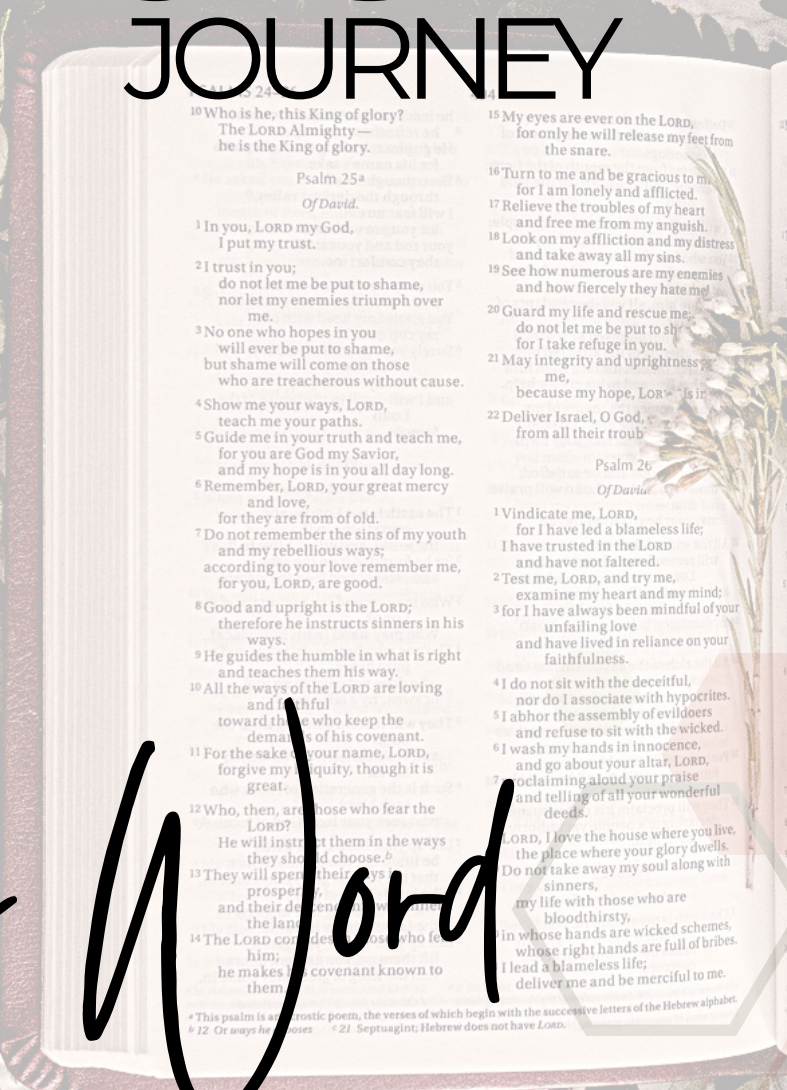


# MY evolution JOURNEY

## Living Word

Learning to read & observe the Word



10 Who is he, this King of glory?  
The LORD Almighty—  
he is the King of glory.

Psalm 26<sup>a</sup>  
Of David.

1 In you, LORD my God,  
I put my trust.

2 I trust in you;  
do not let me be put to shame,  
nor let my enemies triumph over me.

3 No one who hopes in you  
will ever be put to shame,  
but shame will come on those  
who are treacherous without cause.

4 Show me your ways, LORD,  
teach me your paths.

5 Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.

6 Remember, LORD, your great mercy  
and love,  
for they are from of old.

7 Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, LORD, are good.

8 Good and upright is the LORD;  
therefore he instructs sinners in his  
ways.

9 He guides the humble in what is right  
and teaches them his way.

10 All the ways of the LORD are loving  
and faithful  
toward those who keep the  
demands of his covenant.

11 For the sake of your name, LORD,  
forgive my iniquity, though it is  
great.

12 Who, then, are those who fear the  
LORD?  
He will instruct them in the ways  
they should choose.<sup>b</sup>

13 They will spend their days  
in prosperity,  
and their days will be  
the length of days.

14 The LORD chooses his who love  
him;  
he makes his covenant known to  
them.

15 My eyes are ever on the LORD,  
for only he will release my feet from  
the snare.

16 Turn to me and be gracious to me,  
for I am lonely and afflicted.

17 Relieve the troubles of my heart  
and free me from my anguish.

18 Look on my affliction and my distress  
and take away all my sins.

19 See how numerous are my enemies  
and how fiercely they hate me!

20 Guard my life and rescue me;  
do not let me be put to shame,  
for I take refuge in you.

21 May integrity and uprightness  
save me,  
because my hope, LORD, is in you.

22 Deliver Israel, O God,  
from all their troubles.

Psalm 26<sup>c</sup>  
Of David.

1 Vindicate me, LORD,  
for I have led a blameless life;  
I have trusted in the LORD  
and have not faltered.

2 Test me, LORD, and try me,  
examine my heart and my mind;  
for I have always been mindful of your  
unfailing love  
and have lived in reliance on your  
faithfulness.

4 I do not sit with the deceitful,  
nor do I associate with hypocrites.  
5 I abhor the assembly of evildoers  
and refuse to sit with the wicked.

6 I wash my hands in innocence,  
and go about your altar, LORD,  
rejoicing and telling of all your wonderful  
deeds.

LORD, I love the house where you live,  
the place where your glory dwells.  
Do not take away my soul along with  
sinners,  
my life with those who are  
bloodthirsty,  
in whose hands are wicked schemes,  
whose right hands are full of bribes.  
I lead a blameless life;  
deliver me and be merciful to me.

<sup>a</sup> This psalm is an acrostic poem, the verses of which begin with the successive letters of the Hebrew alphabet.  
<sup>b</sup> Or ways he chooses. <sup>c</sup> 21 Septuagint; Hebrew does not have Lord.

# simplify studying from

# The Word

*Sometimes I find that people feel intimidated by the Word because they have been made to believe that the Word is complicated & hard to understand. Whether you are reading from the Bible, the Torah, the Quran... the Word of God as written by the prophets of old is rich in truth, knowledge & instruction from the heart of God.*

*Once we learn to overcome our fear of the unknown... the Word comes alive to speak to each of us individually.*

*A bible version I find easy to read is the New Living translation, English standard version, Easy to Read version, the Message bible, The Passion translation. The Word of God is accessible... even to those like you & me who sometimes feel like we don't even know where to begin!*

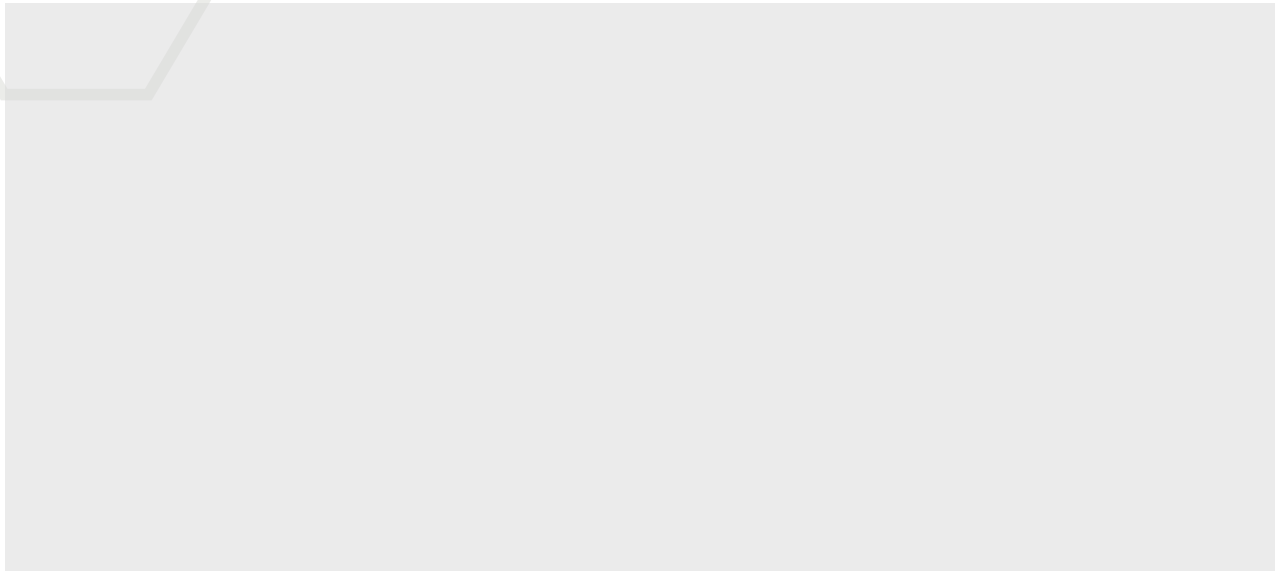
*Choose a verse to read, go over it once or twice, reading the Word out loud to yourself. Once you are done, answer these questions or use one of these methods to study what you have read.*

Which verse, sentence or words in this passage stood out for me as I read through this chapter.

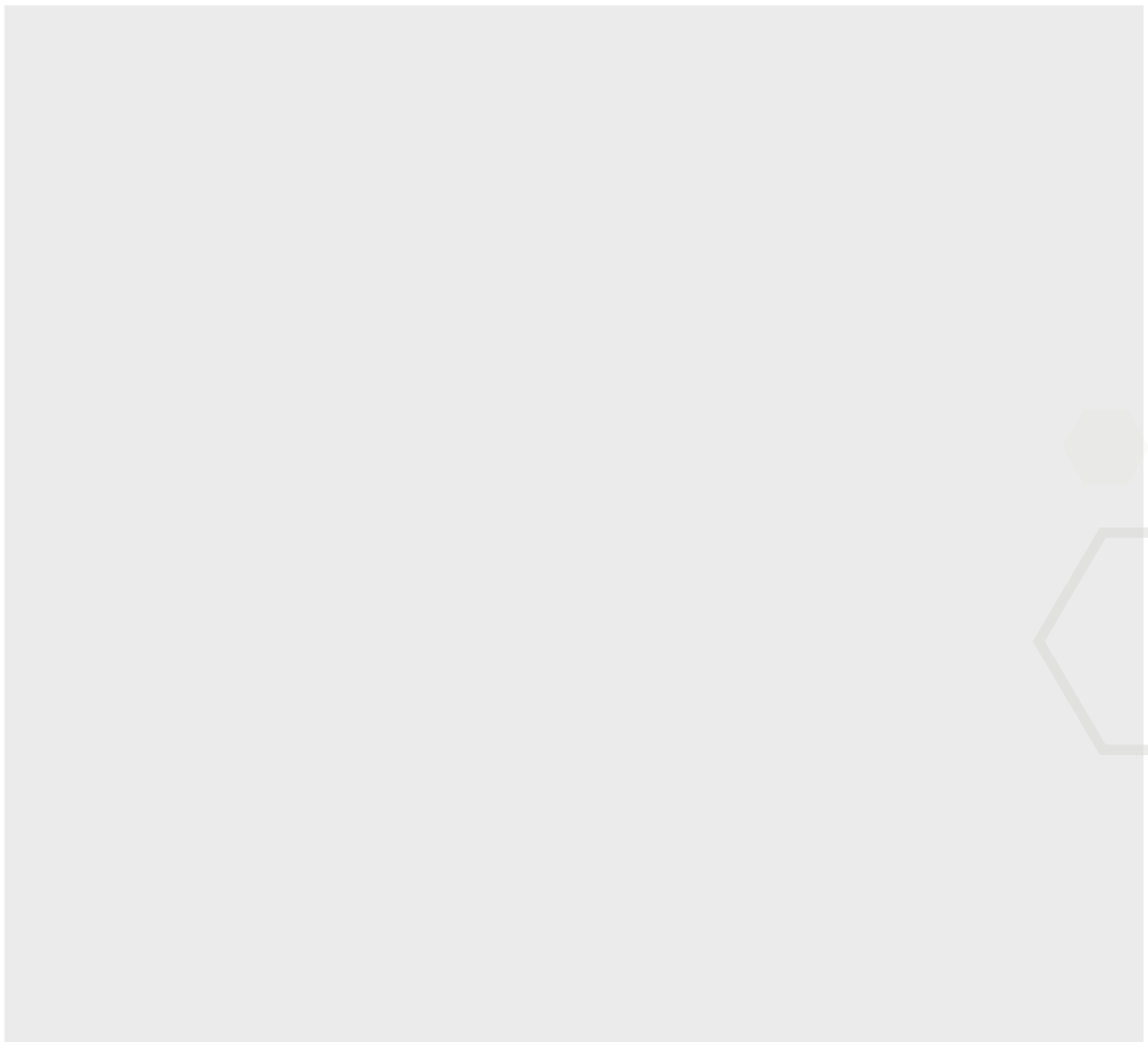
How can you summarise/simplify what you have read into 1 or 2 sentences?

What does the above mean to me as I read it? What comes to mind?

How can I apply what this verse has taught me in my life today?



Write a prayer asking God to help you apply & activate what you have learned into your life as you move forward.



# SOAP method

*Another method I have heard about that works really well is the SOAP method.*

- S- Scripture*
- O-Observe*
- A-Apply*
- P-Pray about it!*

Scripture- As you read, write down the verse that stands out for you most?

Observe - What truth do you observe in the verse above? What stands out for you? How do you feel about this verse? What feels like it is speaking directly to you, your life or your current situation?

Apply- How can you pplay what you have observed to your life or current situation? How might this change your mindset or perspective moving forward? What is God teaching you in this verse?

Pray about it!-Turn your thoughts, reflections or observations into a prayer. Just use your own words, it doesnt have to be complicated. There is no right or wrong way. Write your prayer out below.

# REAP method

Similarly to the SOAP method, there is the REAP method

R- Read

E- Examine

A - Apply

P-Pray & Practice!

Read- As you read, write down the verse that stands out for you most? What is being relayed, repeated? What resounds within you? What do you notice about God? What is He doing?

Examine- Spend some time going through what you have read. Who is speaking? What is he saying? What is going on? When is this happening? What is happening?

Apply- What is God saying directly to you? How can you apply this to your life? What in your life may need to be relooked because of this? How can you begin to make these changes?

Pray & practice- Pray about what you are needing to apply above. Pray for help, pray for guidance, pray for wisdom & the courage to practice what you have learned. Write your prayer out below.

# POWER method

*The POWER method is slightly different because it begins with a prayer. Lets examine POWER & see what we can learn from it.*

**P** *Pray a prayer in the form of a question. What is it that I am wating to learn or gain from todays time in the Word? Select a bible verse after this prayer by litterally opening the bible at a place. Write out your prayer & your verse below.*

**O** *Observe what this verse shows me about God & about me? What am I receiving from this verse? How does it apply to me?*

# POWER method

**W** *Write- Write the verse out again in your own words, write why it stood out to you & use colour & highlights if you feel called.*

**E** *Envision- How do I see this verse or vision differently? How can I envision it applied to my life? How can I begin to shift my perspective? What perspective needs to shift?*

**R** *Respond & receive! What is your response to what God is teaching or showing you? What will your response be to the call He is making on your life? What is He wanting to give you & are you willing to receive it?*

# Beautiful Dreamer!

Thank you for taking the time & allowing me to share my gift with you. I trust that God has already started whispering His will to you.... & that you are beginning to feel the stirrings of His plans in your heart. What is the next steps? It may be to make contact directly. You may already have made contact & now you are on your way! It may be absolutely nothing at all. No matter what it is for you, the most important thing is that you trust that you already have what it takes inside of you. You were made for this very discovery, built for this very assignment & created for this very purpose.

The truth is that you already know the answer & your feet is already on the path.

*"For you know the plans I have for you" says the Lord, "plans to prosper you, to give you hope & a future..."*

He already has it all worked out & even this very encounter is a part of the process.



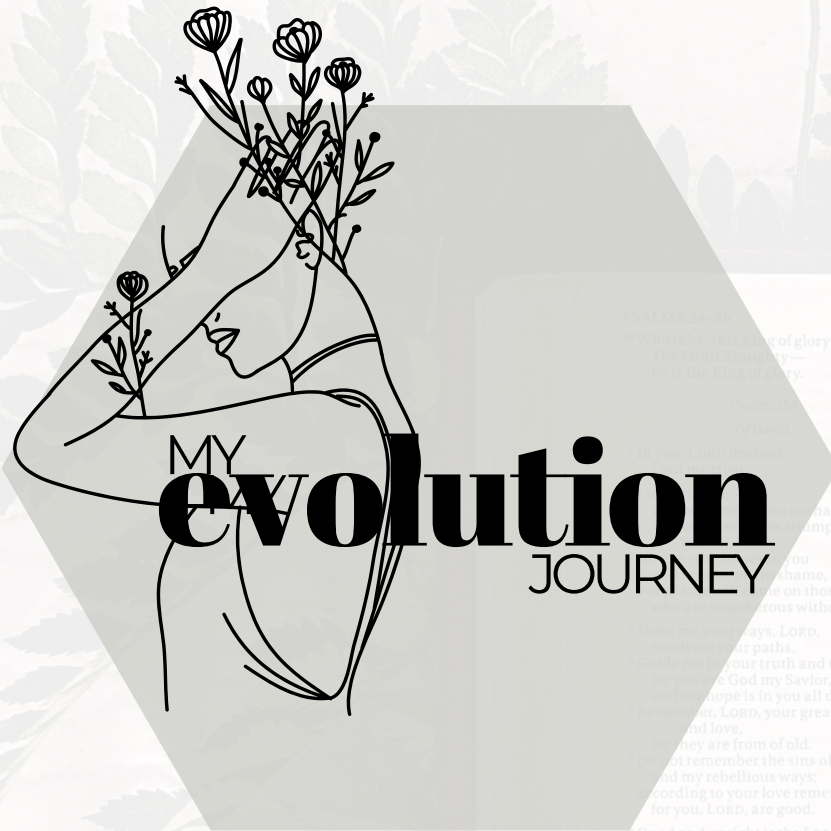
If you haven't yet made contact & need personalised help with the next step, lets' talk about how I can help you. Click this link >>>> & [Lets chat!](#)<<<<<<

Whatever you need sis! I GOT YOU! More contact deets are on the next page. Whatever you are led to do, know that I am praying for you, that you are being guided & that it will all work out exactly as it needs to. Until we meet again...

Looking forward to hearing back from you!

Much love, Lyane  
xxx





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