



SOLAR – Encountering the Son in Scripture

Before you begin, find a place where you can be free from distractions and alone with God. If this is a new experience for you, set aside 15–20 minutes to work through this sheet; if you are more experienced, set aside 30–45 minutes.

As you begin, Invite Jesus to speak to you. Scripture promises God generously gives wisdom to those who ask (James 1:5). Then spend a few minutes preparing yourself to listen to him and his wisdom. Take some deep breaths to calm and center your body. If something is weighing on your mind, tell Jesus about it, lay it and yourself before his throne and ask for his peace (Philippians 4:6–9). Take time to settle into his presence before you begin reading and listening to Jesus. After you have settled yourself, use the following as your guide to hearing Jesus:

‘S’ for Scripture

Open your Bible to the scheduled reading for the day. Read the whole text and allow Jesus to speak to you through the Spirit. As you read, highlight, underline or place a mark in the margin of your Bible next to words, phrases or verses that stand out; these promptings are from the Spirit. When you are done, reread what you marked, then look for one verse or section in your reading that particularly speaks to you today. Write that verse number out in your journal and begin to explore what Jesus has to say to you through it.

‘O’ for Observations

Now think more deeply about the key verse(s) the Holy Spirit has drawn your attention to, writing down your observations.

- What lessons do you see? What does this verse say about life, faith, God, people, yourself, character, truth, sin, possessions, culture, etc.?
- Can any of these lessons be stated as eternal principles to live by?
- Now paraphrase and re-write this ‘key verse(s)’ using your own words.

‘L’ for Listen

Ask Jesus what he wants to say through the portion of scripture that stood out to you or the observation that you had about the passage. Spend time listening for the Spirit’s whisper. Pay attention to thoughts that come to mind and feelings you are experiencing. Write down what you hear God saying to you.



'A' for Apply

Now it is the time to discover, 'What does God want me to do in response to His Word today?'. Here's how you get there. Personalize what you have read, your observations, and the voice of the Holy Spirit, by asking yourself the following questions. As the answers become clear, write in specific & practical terms how this verse applies to your life right now.

- 'How does this apply to my life right now?'
- 'How does this apply to my relationship with God?'
- 'How does this apply to my relationship with myself? With other people?'
- 'How does this apply to me at work, home, school, church?'
- 'Is there an instruction, encouragement or promise Jesus wants me to take to heart?'
- 'Is there a behaviour or character correction that Jesus is talking to me about? What specifically should I do about that?'

'R' for Response

When you are all finished, write a prayer to the Lord that is a response to how he has spoken to you through His Word. Whatever is in your heart and mind right now, speak it back to your Father in heaven. Don't get caught up in your grammar and sentence structure; just write down whatever is moving and stirring in your soul.