

Good Morning Girls

Summer '22



- Who:** Ladies of Laurelwood, Age 12 to 102
- What:** Regular accountability and encouragement in reading God's Word
- When:** June 7 – August 26, 2022
- Where:** Primarily online with 2 in-person gatherings (casual kick-off & wrap-up gatherings)
- How:** Text or Email check-ins 2x per week

Recommended Materials:

- A copy of the book of Proverbs that you can write/color on
- A notebook for recording observations, applications, and prayers
- A set of colored pencils (if you're planning to use the Bible color-coding system)
- Easy access to a group text OR group email string.

Participant Commitments:

- Choose a passage or book of the Bible to read/study using the SOAK or other method. (Proverbs materials will be provided to those interested.)
- "SOAK" daily, Monday – Friday at the time of day that works best for the participant (See other side for details)
- Respond to email/text chain Tuesdays & Fridays with a brief report of reading/learning
- Respond briefly with encouraging words for other participants (as led by the Spirit)
- Attend the in-person gatherings, if possible (for mutual encouragement & prayer)

Facilitator Commitments:

- Begin check-in 2x per week (Tuesday & Friday)
- Provide Proverbs materials for interested participants
- Provide open-ended questions for response from and between participants
- Host 2 informal, in-person gatherings (mid-June & mid-August)
- Engage as a participant (Daily SOAK, responding to others, church attendance)

Questions?

Contact **Crista Hagan**: 541-740-5132 (Text), 360-750-7583 (Call), mamahagan@gmail.com



What is SOAK?

(Adapted from The Book of Proverbs Journal by Courtney Joseph)

God created us to walk with Him, to know Him, and to be loved by Him. He is our Living Well, and when we drink from the water He continually provides, His living water will change the entire course of our lives.

Jesus said, "Whoever drinks of the water that I will give him will never be thirsty again. The water that I give him will become in him a spring of water welling up to eternal life." John 4:14

So, let's begin.

The method they use at GMG is called the SOAK method.

- S** The **S** stands for **Scripture**. Read the chapter for the day. Then choose 1-2 verses and write them out word for word. (There is no right or wrong choice – let the Spirit guide you!)
- O** The **O** stands for **Observation**. Look at the verse or verses you wrote out. Write down 1 or 2 observations. What stands out to you? What do you learn about the character of God from these verses? Is there a promise, command, or teaching? (You may like to use the GMG Color-coding system* to help you observe the text more strategically.)
- A** The **A** stands for **Application**. Personalize the verses. What is God saying to you? How can you apply the verses to your life? Are there any changes you need to make or an action to take?
- K** The **K** stands for **Kneeling in Prayer**. Pause, kneel, and pray. Confess any sin God has revealed to you today. Praise God for His word. Pray the passage over your own life or over someone you love. Ask God to help you live out your applications.

SOAK God's word into your heart and squeeze every bit of nourishment you can out of each day's Scripture reading. Soon you will find your life transformed by the renewing of your mind!

While the SOAK method is a great way to study to the Bible, you are not required to use it in order to participate in GMG this summer. If you choose not to use this method, I strongly encourage you to pick ***A*** method. Approaching God's word with a prayer and a strategy will make you more likely to glean deep, life-changing truth during your time with the Lord each day.

*Visit <https://youtu.be/ugLUHdPpUMg> to learn more about SOAK and the coloring system from GMG's founder.