



Life Group Questions

Week of 02/22/2026

(S.O.A.P.)

Big Idea: Growth in experiencing and encountering God daily

Start Here:

God is always speaking loving truth to each of us. God indeed loves us just the way we are, but He loves us too much to leave us that way. He wants us all to grow deeper and stronger in Him. Jesus asked Paul to write the following passage, and it is very relevant to all of us today.

14 When I think of all this, I fall to my knees and pray to the Father, 15 the Creator of everything in heaven and on earth. 16 I pray that from his glorious, unlimited resources, he will empower you with inner strength through his Spirit. 17 Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. 18 And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. 19 May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. 20 Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. 21 Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen. What's something you really love to do but feel like you don't have enough time to do it?" **Ephesians 3:14-21**

[] Tell of a time when God spoke to you and how you knew it was the Lord speaking?

[] Discuss this quote: "No Tree can grow to Heaven unless its roots grow down to Hell."

[] When it comes to journaling and hearing from God, keep the following wisdom in mind: "Compare yourself to who you were yesterday, not to someone else today." Any discussion?

[] Discuss the realities of the following statement regarding your relationship with Jesus and speaking with Jesus regularly: "You cannot give away what you do not have, but what you do have you must give to others."

[] How do you differentiate the voice of God from your own voice?

Becoming Doers of the Word

Trent taught the **S.O.A.P.** method at the end of the message. Discuss how journaling through this method is helpful to you. If you don't use the SOAP method, then what do you do to spend time with Jesus, and how do you take your burdens and thankfulness to Him?

Anyone in the group willing to read their recent S.O.A.P. journaling with us? (Sometimes we all benefit from hearing how someone else does something.)

Memorize, Internalize & Mobilize

Will you commit to memorizing this Scripture verse?

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.”

Psalm 139:32-24

[] If you'd like to purchase a literal S.O.A.P. Journal, they are available at www.liferesources.cc

Is there anyone in your line of sight or circles of influence whom Jesus is prompting you to reach? Pray, reflect, and prepare a way to encounter these people and help them become disciples of Jesus. Lead them to a point where you can teach them how to S.O.A.P.

Closing Prayer

Pray for each other's prayer requests, and anything this group discussion led us all to focus on, care for, and devote ourselves to.