

S – The S stands for Scripture

O – The O stands for Observation

A – The A stands for Application

K – The K stands for Kneeling in Prayer

1. **Scripture:** Take a moment to come fully into the present moment. What you are hearing, seeing, smelling, thinking, feeling. Express your willingness to hear from God in these moments by using a brief prayer such as ‘Come Lord Jesus’ or ‘Here I am’ or ‘Speak Lord, for your servant is listening.’

Then read the passage 3 times to yourself.

2. **Observe:** Listen for the word or the phrase that is addressed to you. Listen for the way in which this passage connects with your life. This is the word or phrase that is meant for you, ponder it and savor it. Be content to listen simply and openly without judging or analyzing. You may want to underline or circle the phrase or word in your bible.
3. **Application:** How is my life touched by this word? Ask ‘‘What is it in my life right now that needs to hear this word?’’ Allow several moments of silence and explore your thoughts, perceptions, and sensory impressions. Write this word down.
4. **Kneel:** What is my response to God based on what I have read and encountered? Allow your prayer to flow spontaneously from your heart as fully and as truly as you can. At this point you are entering into a personal dialogue with God ‘sharing with God the feelings the text has aroused in you.’ Pour out your heart in complete honesty. Pay attention to any sense that God is inviting you to act or respond in some way to the word you have heard.