

S.O.A.P. Outline with Reflective Questions

S – Scripture

- **Matthew 6:5-8 ESV**
- **Hebrews 11:6 ESV**

Reflective Questions:

- What words or phrases stand out to you in these passages?
- How do these scriptures challenge or encourage your current prayer life?

O – Observation

- Jesus teaches that prayer is not for show, but for a sincere connection with God.
- Prayer is assumed for believers—it's as natural as breathing.
- God invites us to pray, regardless of our past or imperfections.
- The “secret place” is about intimacy with God, not location.
- God sees and rewards what is done in secret; He knows our needs before we ask.
- Faith is essential: we must believe God exists and that He rewards those who seek Him.

Reflective Questions:

- What does Jesus’ teaching reveal about God’s heart for you?
- In what ways have you viewed prayer as a performance rather than a relationship?
- How does knowing God sees and rewards what is done in secret affect your motivation to pray?

A – Application

- Find your “secret place”—a quiet, undistracted space to connect with God.
- Approach prayer with honesty, not performance.
- Remember: Prayer is grace-based, not merit-based. You don’t earn an audience with God; you’re given one.
- Trust that God hears and responds, even when you don’t see immediate results.
- Reflect: Are you leaving rewards “on the table” by not seeking Him earnestly?
- This week, use Psalms 32:6-7 and Psalms 5:3 as guides for your personal prayer time.

Reflective Questions:

- Where can you create a “secret place” in your daily routine?
- What barriers keep you from praying honestly and openly?
- How can you remind yourself that God welcomes you as you are?
- What steps will you take this week to seek God more earnestly in prayer?

P – Prayer

Father, thank You for inviting me into Your presence. Help me to seek You sincerely, trusting that You see and reward what is done in secret. Strengthen my faith to believe You care and respond to those who seek You. Teach me to pray with honesty and confidence, knowing that You know my needs before I ask. Amen.

Reflective Questions:

- What do you want to say to God right now, in light of what you’ve learned?
- How can you express your trust and faith in God through your prayers this week?