

# S.W.A.P.

S.W.A.P. is a wonderful way to spend time daily with God in the Bible. It is spending time with God, opening our souls to Him, swapping our wills for His, our kingdom for His, in order to follow Jesus as His disciples. There are four elements in S.W.A.P.



## The Four Elements in S.W.A.P

**SCRIPTURE.** Read a specific passage of the Bible to read and write it down. Following a reading plan is a great place to start. A great plan is the “5 Day Bible Reading Program.” You can find the reading plan here: <https://www.bibleclassmaterial.com/FiveBibleReadingSchedule2019.pdf>.

*Your word is a lamp to guide my feet and a light for my path.*  
Ps. 119:105

**WORD.** Begin your time with God by praying and asking Him, “What are You saying to me in this passage?” Ask God, the Holy Spirit, to open your eyes and heart to what God has specifically for you in His Word. Write down the specific verse or verses God impresses upon your heart.

*The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness and cannot understand them because they are discerned only through the Spirit.*  
1 Cor. 2:14

**APPLY.** After receiving the verse(s), ask God, “What are You asking me to do?” Write down what He impresses on your heart to do..

*But don't just listen to God's word. You must do what it says.  
Otherwise, you are only fooling yourselves.*  
Jas. 1:22

**PRAY.** Finally, pray and ask God for the grace to do what He is asking you to do in obedience to Him. Write out a prayer to God.

*John Calvin said, “This passage (Ps. 119:25-32) tells us, when God has once enlarged our hearts, there will be no lack of power, because, along with proper affection, he will furnish ability, so that our feet will be ready to run.” We cannot serve the Lord through simple resolve; rather, He must empower us by His Spirit and strengthen our desire to keep His commandments. reading God's Word is not enough. We must also ask Him to enable us to obey it.*

After, give your entry a title based on what you read, what God is saying or what he's asking you to do.

DATE:

TITLE:



SCRIPTURE

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WORD

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APPLY

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PRAY

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