ST MARY'S LOUGHTON

Daily Bible Reading

" Your word is a lamp for my feet, a light on my path" Ps 119v105

Reading the Bible every day can change our lives.

This year we invite you to read the Bible with us. We'll each read in our own time, but follow the same daily passages.

The goal is simple: to let God speak to us through His Word and shape our everyday lives.

We will be using the SOAP rhythm, Scripture, Observation, Application, Prayer. It's an easy way to read a passage and listen for what the Holy Spirit may be saying.

The readings will connect with the Sunday sermon themes throughout 2026. You can spend just a few minutes each day or more if you prefer. Weekly readings will be in the news sheet and on stmarysloughton.com.

There are no meetings or groups to join, just the hope that as we read together, we grow together, and encourage one another naturally.

Getting Ready

- Find a notebook to write down your thoughts and prayers.
- Choose a regular place to read.
- Keeping your Bible, notebook, and pen nearby helps build a routine.
- A comfortable "prayer chair" can make this time feel special.

How to do the rhythm of SOAP

Start by spending a few moments in quiet, asking God to quieten your mind and fill you with His Spirit. Read the passage for the day.

Scripture - ask God to highlight one or two verses from the passage you've just read. Write them down.

Observe - what do you observe about these verses, or the wider passage? Write it down.

Apply - prayerfully consider if there is any thing you need to do, or change in your life to walk more closely with God as a result of these verses. Write it down.

Prayer - finish by writing a prayer responding to what you have felt God speak to you through His word.

Example SOAP

Spend a few moments in quiet, asking God to speak to you as you read the bible.

Read Mark 1v40-45

Scripture *- "Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places." v45*

Observation *- Jesus healed this man in an amazing way, yet the man didn't obey the one thing Jesus asked and instead did the opposite. His excitement or good intentions didn't make up for his lack of submission and it had consequences for Jesus. He received what he wanted from Jesus but didn't truly follow Him. Jesus understands when we feel sidelined or used.*

Application *- This reminds me that faith is about a real relationship with Jesus. He is compassionate and answers prayer, but I don't always listen well when He speaks. I need to stay connected to Him heart-to-heart.*

Pray *- Father, thank you that you answer prayer, but help me not to miss connecting with your heart and listening to and obeying what you say. Thank you that you we can have a relationship with you. Amen.*

God speaks to us all individually, so it is likely that God would say something different to you, than this example. Be open to what the Spirit is saying and where he is leading you.

SOAP

DATE

SCRIPTURE

OBSERVATIONS

APPLICATION

PRAYER

Bible Readings for October 2026 following the theme of the weekly sermon

w/c 5/10/26 Running from your calling (How God calls)

S - Jonah chapter 1
M - Judges 6:7-40
T - 1 Smauel chapter 16
W - Jeremiah chapter 1
T - Matthew chapters 1 & 3
F - Galatians chapter 1
S - Ephesians chapter 4

w/c 12/10/26 In deep distress (Call out to God)

S - Jonah chapter 2
M - Exodus 2:11-25
T - Judges 6:106
W - 1Samuel 1:1-20
T - Matthew 14:22-36
F - Luke 18:35-43
S - Psalm 77

w/c 19/10/26 Obedience and repentance

S - Jonah chapter 3
M - Deuteronomy 30:11-20
T - Isaiah chapter 1
W - Joel 2:12-32
T - Luke 15 11-32
F - Acts 2:14-47
S - Psalm 51

w/c 26/10/26 God's compassion

S - Jonah chapter 4
M - Deuteronomy 34:1-14
T - Lamentations 3:19-33
W - Luke 7:11-17
T - Matthew 9:18-38
F - 2Corinthians 1:3-7
S - Psalm 103