

S.O.A.P. JOURNAL

SCRIPTURE:

As you read your Bible, allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day and write it in your journal. Try to limit it to one or two verses of scripture.

OBSERVATION:

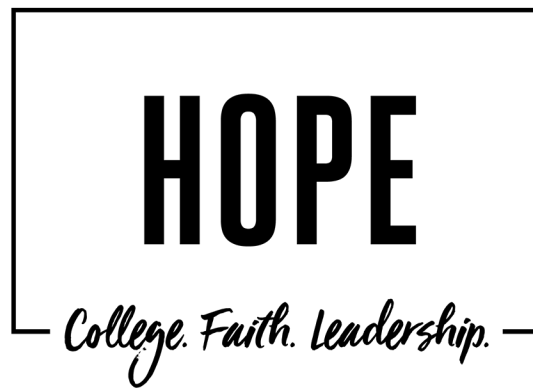
What do you think God is saying in this scripture? Make an observation of what's happening, who's affected and what's taking place. Ponder its meaning, its tone, its purpose and take several moments to meditate on it. It may be only a paragraph or perhaps a few sentences.

APPLICATION:

After you've carefully observed what the text says, take some time to write out how you plan to put into practice the lesson Jesus has brought to your attention. Two questions to keep in mind as you are writing are, "How will I be different today as a result of what I've just read?" and "How does this verse or thought apply to me?"

PRAYER:

Finish your time in the Bible with a thoughtful prayer to God. Ask Him to help you apply what you've just learned. And don't forget to tell Him how thankful you are for the power of His word!



S.O.A.P. JOURNAL EXAMPLE

SCRIPTURE:

“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.” Hebrews 4:12

OBSERVATION:

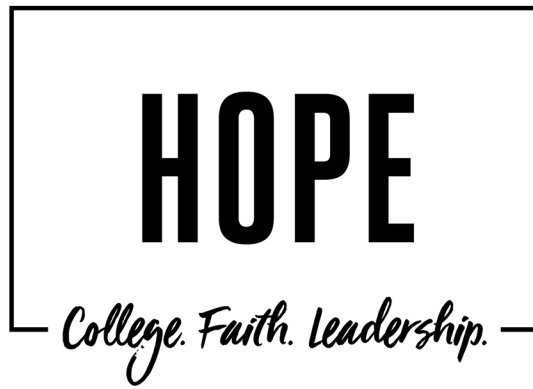
God’s word is unlike any other book. It’s living and active meaning. It can speak to any situation at any given moment. Its words can pierce as far as the division of my soul and spirit. It also exposes the thoughts and intentions of our hearts.

APPLICATION:

God’s word is living and active so I need to make a point to slow down and read God’s word and give Him the space to speak to me. Starting this week, I’m going to set aside time first thing in the morning to read.

PRAYER:

Father, I pray that you would make your word come alive as I read it this week and that You would show me any areas of my heart that You want to change.



S.O.A.P. JOURNAL

SCRIPTURE:

OBSERVATION:

APPLICATION:

PRAYER:
