

S.O.A.P

ENGAGING GOD'S WORD

Here is an example of how I do the S.O.A.P method of journaling along with my Bible reading. Writing things down is always a good way to remember all that God is speaking to you. It's also a great log of all that God has done in your life. Normally, I would hand write this in my journal but for sake of sharing (and your ability to read my writing, my handwriting is horrible) I have put it here.

Scripture: Psalm 1

Observations:

- A man can be "blessed"
- What exactly does that mean? Does it mean happy or something different?
- Wickedness, sinning, and scoffing are negatives here
- Blessed man delights on God's law and meditates on it constantly
- Blessed has some ring of prosperity because it is described to be like a fruitful tree in v3
- Wicked are temporary...no substance or weight to them...they can be blown away by the wind
- Wickedness is not loved by God...God loves righteousness

Application:

- Blessing comes from meditating on God's Word and seeking His ways for my life. I need to commit to spending time in the Bible today, thinking about what it says...and then walk out what God is speaking to me.
- Action step...spend time reading and thinking about God's Word today.

Prayer:

- God, help me to hear You in Your Word today. Give me the grace for my heart to feel like reading and thinking on Your Word. Sometimes it get's lost in the busyness of my day. But help me to make you a priority so that like the Psalmist I can say I am a blessed man because I know You and walk in your ways. Help me to do that! Amen.