

SOAP JOURNAL

As you commit reading Gods word each day, know that He has something that He wants to say to you. Journaling is an excellent way to both record and process what God has spoken to us. It's also a useful tool to use at a later time to reflect on and review some of the "gems" that you have received from Him.

Here are a few helpful, yet simple hints on how to maintain a journal. (1) Begin your time with prayer; (2) Read that days scripture, at a time and location which provides you with the best opportunity to focus; (3) As you journal, put the date at the top of each days journal entry; (4) Follow the **SOAP** journaling format below; (5) Keep it simple. Clearly mark each section of the format, with the corresponding letter "**S**". Just a few sentences are needed for each section for that days entry.

Scripture: From that days reading, what verse spoke to you? Clearly mark this section with an "**S**". Now simply write out the entire verse and its reference.

Observation: Next to your "**O**", Write down your general observations concerning the verse you selected. This is not the time to personalize the scripture. Questions that may help you in this section are: What is the truth, lesson or theological purpose? What can we lean from this scripture concerning humanity, God, or being a follower of Jesus? What may the writer or audience be feeling or experiencing, etc...

Application: Personalize it. What do you think God is saying to you in this scripture? How does it apply to your life (instruction, encouragement, revelation, correction, etc.)?

Prayer: Take a few moments to respond to God in prayer. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, in a sentence or two, write out your prayer.

Here's a quick example of how a SOAP journal entry might look (Note: This is not an actual journal entry of mine):

ALL THINGS!
10/05/20

S "I can do all things through Christ who strengthens me" ~ Philippians 4:13

O There is nothing that I can't do with Christ living in me, because He gives me strength for anything that comes my way.

A Yesterday I was really doubting being able to accomplish the huge project I was working on, but I need to remember that the Word of God does not lie, and it says that I can do ALL things through Christ, and that means ALL things, even my project!

P "Lord please forgive me for relying on my own strength when trying to accomplish things. Ultimately I know that when I depend on myself I will be let down, and short circuit your strength and power working in me. Help me to remember this verse when I'm tempted to doubt my abilities, and help me to rely upon your strength. Help me to remember that you promised that I can do anything with your help! In Jesus Name, Amen."