

S.O.A.P. JOURNALING



The S.O.A.P. method of reading the Bible helps us to intentionally seek to understand and apply God's Word to our lives in transformative ways.

S.O.A.P. stands for **SCRIPTURE, OBSERVATION, APPLICATION, AND PRAYER**. As you journal, you are going to be moving through each of these four steps. After nailing down a reading plan and setting aside a time each day to spend in Scripture, you'll be ready to go.

HOW IS IT SET UP?

After taking some time to ask God to speak to you through his Word, grab your notebook or journal, and start out by writing:

- **Today's date**
- **The passage of Scripture**
- **Title or theme that describes this passage**
(you can fill this in when you are done as a helpful reference for you to look back at.)

S- SCRIPTURE

Once you've got your heading done, go ahead and read your Scripture for the day. As you read, look for a verse or two that really stands out and speaks to you. Once you're done reading, write the letter **S**, or the word **SCRIPTURE**. Under this heading you can write out the following:

- **The chapter and verse numbers that especially stood out to you**
- **Fully write out these verses**

You will be amazed at what the Holy Spirit reveals to you as you take the time to slow down and physically write out Scripture. It's also makes it easier to look back on this passage if you want to revisit it in the future.

O- OBSERVATION

Next, write the letter **O**, or the word **OBSERVATION**, under your last entry, and write down any observations about this passage that could help you better understand its meaning.

Here's a few questions to help you:

- **What jumps out to you in this passage?**
- **Who was this written by? written to?**
- **What's one thing you didn't notice before?**
- **Is there repetition, comparison, or contrasting?**
- **What is God intending to communicate through this text?**

Your observations may start out with things that are obvious, but they will gradually become deeper and deeper as you continue to practice. It's important to continue to learn how to engage the Scripture and wrestle with its meaning.

A- APPLICATION

After writing your observations on the passage of Scripture, write down the letter **A**, or the word **APPLICATION**. Working to find the application in the text is one of the most important parts of this whole process. We are called not just to be hearers of the Word but doers of the Word. Use questions like these to help you discover the application of the text to your own life. You can use questions like:

- **How can this help me?**
- **Is there a specific action that I need to take or confession that I need to make?**
- **What would it look like to specifically apply this to my life where I live, learn, work, and play?**

Answering these questions is one of the most important ways to see God's Word come alive to us!

P-PRAYER

Lastly, under all of these sections you can write the letter **P**, or the word **PRAYER**.

This is a time for you to respond to what God has spoken to you through his Word. You can ask God to help you live out what you've seen in this passage. You can thank God for the truth found in His Word, for his love, or for His care. You can confess in response to a conviction the Holy Spirit may have laid on your heart while reading. You can praise God for a part of His nature or character that was revealed to you. Whatever you do,

the important thing is to simply respond to the God who initiated the conversations with us through his Word.

As you continue to practice S.O.A.P.'ing through Scripture, you will see the Holy Spirit using your efforts to do a work in your heart, mind, and life. God doesn't want us to sit back and wait for Him to drop some truth into our laps. God desires that we would actively pursue Him. Jesus said, **"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you"** (*Matthew 7:7*).

SAMPLE SOAP JOURNAL

Date:	<i>November 26, 2019</i>
Read:	<i>Philippians 3-4</i>
Title:	<i>The Secret of Contentment</i>
S (Scripture)	Philippians 4:11-13 "Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."
O (Observation)	Paul shares with the Philippian church that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.
A (Application)	In my life, I will experience many ups and downs. My contentment is not found in circumstances, rather, it is based on my relationship with Jesus Christ. I need to look to Jesus to give me the strength I need to be content in every circumstance of life.
P (Prayer)	Lord Jesus, please help me as I strive to be content in You. Through your strength, I can make it through any situation I must face.