



**JOURNAL**





**SOAP**  
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# WHAT IS SOAP?



**SOAP** stands for Scripture, Observation, Application, and Prayer. SOAP is a journaling method that helps us grow in God's Word by recording our thoughts, emotions, and connections when Reading the bible.

God is always speaking through His word. The SOAP journal helps us discover and write down the life lessons God teaches us so we can apply them to daily living! Every day it encourages and reminds us that God desires a relationship with us. This method of spending time in God's word will help us grow in our spiritual journey with God. Use the SOAP method, along with the SOAP reading schedule to help us in our journey to a better life found in Jesus Christ.



# HOW TO USE YOUR SOAP JOURNAL



Use the SOAP Bible Reading Plan to find today's Scripture. Then begin reading today's scripture. As you read, underline or write down anything that speaks to you as a personal word to be applied. When you read with an open heart, God's Holy Spirit will give you words of encouragement, direction, and conviction.

When you finish reading, use the journal page to write down how God's word impacted you.

Finally, pray for God to show you how to apply the reading to your life today.

For more help, see the SOAP Journal example page

TODAY'S DATE: 1 / 16 / 2016

Today's Scripture verse:

Scripture James 1:22

Observation Sometimes we just listen to the word of God and we think that is enough. We often deceive ourselves into becoming lazy followers of Christ and do not live up to our full potential.

Application I am reminded by this verse to put my faith into action. I must continue to look for ways in my daily life to live out the word and not just hear it. If I just hear the word and do nothing, then I am truly deceiving myself.

Prayer Dear Jesus, Help me to hear your word and live it out on a daily basis. Help me to put you first in all I do and show others your word through my life and actions. I love you and thank you for being my Savior.

TODAY'S DATE: \_\_\_/\_\_\_/\_\_\_\_\_

Today's Scripture verse:

**S**  
Scripture

**O**  
Observation

**A**  
Application

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Prayer

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