
S.O.A.P. Bible reading and journaling

SOAP is a method of Bible reading and journaling: Scripture, Observation, Application, Prayer. It can be used with any daily Bible reading plan.

You'll need a Bible, a journal and a pen.

S

for Scripture

Open your Bible to today's reading (according to whatever plan you are following). Take time reading and 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.

O

for Observation

What struck you and caught your attention in what you read? What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words.

A

for Application

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P

for Prayer

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.