

## **S.O.A.P. Journaling**

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. Without writing them down, you may forget those blessings and some very important lessons! And while journaling is a very personal time with the Lord, you may want to share some of your daily journaling with your small group or mentors. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight and even encourage others.

### **S = Scripture**

Open your Bible to the reading found under today's date on your SOAP list. 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 = Observe**

What do you think God is saying 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, in your journal.

### **A=Action**

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=Pray**

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.