

How to do S.O.A.P. Journalling

S

For Scripture

Open your Bible to today's reading. When you have finished reading, look for a verse that particularly spoke to you that day, and write it in your journal.

O

For Observation

What do you think God is saying to you in this scripture? Write this scripture down in your own words, in your journal.

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. It's great to write it out.

Here's an example

The image shows a yellow notepad with a spiral binding on the left. It contains a handwritten S.O.A.P. journal entry. At the top, there is a table with four columns: DATE, REFERENCE, TITLE, and PAGE. Below the table, the entry is organized into sections: SCRIPTURE, OBSERVATION, APPLICATION, and PRAYER. Each section has a heading followed by a line of handwritten text.

DATE	REFERENCE	TITLE	PAGE
14.07.2007	Acts 8:4-8	God's Power	1

SCRIPTURE:
Acts 8:4 - Many people with evil spirits were healed

OBSERVATION:
This tells me Jesus can heal anyone

APPLICATION:
I know God can heal me

PRAYER:
Dear Jesus, you can do anything