



SOAP JOURNALING

Many aspire to read Scripture daily, but often ask the practical question, “What should I do when I read the Scripture each day?” The SOAP method is a simple way to grow as a self-feeding disciple of Jesus. SOAP is an acronym for Scripture, Observation, Application, and Prayer. Using SOAP helps one learn from Jesus as the Holy Spirit guides. SOAP involves reflecting on a particular verse or two from one’s daily Scripture reading, making observations, and then responding with a personal application and prayer.

Jesus explained that Scripture points to him (John 5:39-40; Luke 24:27, 44). That means it’s important for disciples of Jesus to consistently read God’s larger story about Jesus revealed throughout all Scripture. Jesus also taught that faithful disciples will stay connected to him and make time to be taught by him (Luke 10:38-42; John 15:1-8). Using SOAP daily along with a Bible reading plan is a great help with this.

Note: It’s best to have a reading plan where one reads through the Bible, at least a chapter or more a day. For those looking for a Bible reading plan, consider [Bible Reading Plan - OT & NT](#), other plans at [esv.org/resources/reading-plans](#), or [navigators.org/resource/bible-reading-plans](#).

HERE IS HOW TO JOURNAL USING THE SOAP FORMAT EACH DAY YOU READ THE BIBLE

S – SCRIPTURE

After reading the section of Scripture from your Bible reading plan, write out the verse (or verses) that you believe God’s Spirit is highlighting for you to further reflect on.

O – OBSERVATIONS

Make some observations about this verse by asking some key questions. What is the context of this verse? What does this verse reveal about God? About humanity? Is there a command to keep? Is there a timeless principle to live by? How does this verse point to Jesus and the good news found in him?

A – APPLICATION

Consider how this verse applies to your life. Write the personal response you believe God wants you to make.

P – PRAYER

Write out a simple prayer to God. Express your heart-felt response related to what he illuminated to you that day from Scripture. Pray this written prayer and expand on it with spontaneous prayers of praise, thanks, confession, or petitions.

The following page provides an example of what journaling using the SOAP format looks like. Use the blank page to give SOAP journaling a try. Of course you’ll want to find a journal that you can write in daily as you reflect on Scripture using SOAP. For those who prefer to journal digitally, use whatever notetaking app you already use.

¹ SOAP method adapted from Corderio, W. (2007). *Divine Mentor*, 101. Bloomington, MD: Bethany House.



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Datum / Date: 1/22

Today's Reading: Luke 10

S. Luke 10:39-40 "And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving..."

O. Jesus entered the house and each woman responded differently. Mary chose to be with Jesus and listen to his teaching. Martha was distracted away from Jesus with much serving, being anxious & troubled by many things. There was cultural pressure on both of them. Jesus said one thing is necessary and that Mary made that choice (10:42) Principle... first be with Jesus and listen to his teaching. Don't let life's demands distract away from Jesus.

A. I will now start each day by meeting with Jesus and listening to him teach me as I read Scripture. This means I will stop checking distracting emails, texts, and other social media when I first wake up. I'm now choosing the one main thing as my first thing.

P. Lord, thank you for this teaching that reminds me that you want to be with me. I praise you for dying on the cross to reconcile me into a relationship with you. I look forward to meeting with you and hearing from you each day. Thank you for making me your disciple and teaching me!



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DATE:

TODAY'S READING:

S

O

A

P

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