

SOAP Journaling Template

Scripture – ... read the chapter that you have chosen. Don't skim over it or read it too fast. Try to enter into what you are reading. You may need to read it two or three times. When a verse, phrase or word stands out or catches your attention, write it down in your journal. (make it a maximum of two verses)

Observation

... - what is it about that verse or that phrase or word that kind of struck you? What is it that seemed to catch your attention? What insight or observation do you actually want to write down? What might this verse have meant to the original writer or reader? Write your observations of the verse in your journal.

Application

... - how does your observation impact you? How should that thought, that observation, that insight, actually change you? God isn't speaking to you to increase your information; He's speaking to bring about transformation. He wants your life to grow, to develop, to change. Again, write your thoughts down. What might God be saying to you through this verse? What action will you take as a result of what you are hearing from God in this way?

Prayer

... - Respond to God with a prayer. Write to him as though you were writing a letter. Tell him how you feel about what you've read, tell him what you think. Ask him to help you as you seek to apply it to your life. Ask for guidance as you act upon it.

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