

# S.O.A.P. Journaling Method

Before you read scripture, pray that the Holy Spirit would teach you as you read (1 Corinthians 2:6-16). Then read and write down what God is showing you in the following categories.

## S - Scripture

- Write out a verse or passage that stands out to you

## O - Observation

- If a new book of a Bible, check out a Book Summary (ie. [gotquestions.org](http://gotquestions.org), [insight.org/resources/Bible](http://insight.org/resources/Bible)) before reading - Who is the author of the book? Who is the author writing to? Why is the author writing?
  - \*This is so important as we have to acknowledge that God inspired the author to write the book for a specific reason to a specific audience
- Write what the verse or passage says in context - What comes before the verse or passage, What come after the verses or passage, Note what type of literature it is - ie. Epistolary or Narrative, Note repetition of words, phrases, Cause-and-effect/*ifs* and *thens*, Questions and answers, Comparisons and contrasts, Bring to mind other verses/passages in Scripture (Cross Referencing), Themes, Key phrases in an effort to best interpret and apply what is being communicated
- Questions to ask and answer like
  - What does this say about God?
  - What does this say about Jesus?
  - What does this say about people?
  - What does this say about the role of the church in the world?

## A - Application

- How this passage applies to you:
  - What can I worship God for?
  - How does this cause me to look to Christ?
  - What would change if I truly believed this?
  - Is there a sin to forsake?
  - Is there a promise to claim?
  - Is there an example to follow?
  - Is there a command to obey, something to put into action?
  - Is there something to be thankful for?
  - Is there something to share with others?
  - How will I commit to obey this passage this week?
  - Is there someone I need to contact for any reason?

## P - Prayer

- Write out a prayer to God about what He has shown you and pray that prayer out loud