

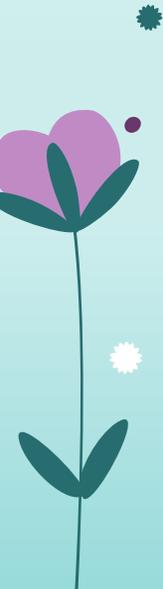
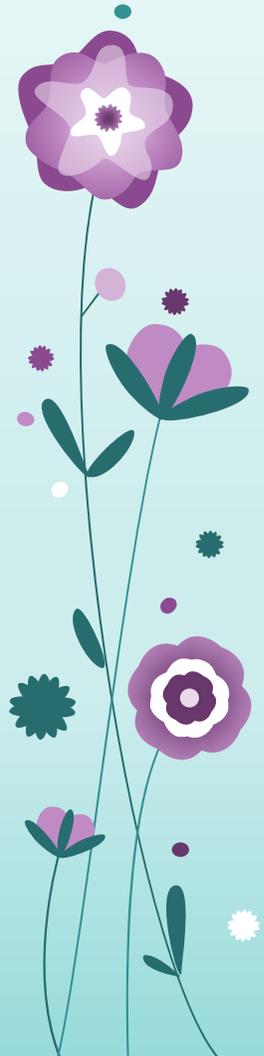
# The S.O.A.P. Journaling Method

Min. La Shonda Johnson



# The S.O.A.P. Journaling Method

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- ❖ Materials Required
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# The Different Journaling Techniques

Journaling	Defined
Bible	The process of <b>spending time with God</b> and <b>recording the scriptural insights you receive from Him</b> in your <b>Bible</b> .
Christian	Helps you <b>gain more faith in God</b> and <b>writing down</b> your thoughts, scriptures, prayers, what God has done in your life, notes on what the pastor talked about at church, etc.
Prayer	A way to <b>dialogue with God daily</b> , so that you can remember what and how God is speaking to you.
S.O.A.P.	A simple and excellent way to both <b>record and process what God has spoken to you</b> . It's also a useful tool to use later when you want to reflect on and review some of the 'gems' that you have received out of the Scriptures.
Multi-Mix	Mixture of all the ABOVE!

# SOAP: The World vs. The Kingdom

- ❖ **SOAP** defined in the **World** is a substance used for washing and cleansing purposes.
- ❖ **S.O.A.P** defined in the **Kingdom** is a way to dive more deeply into your Bible reading, and record your thoughts, emotions and connections when studying scripture.

**S.O.A.P Journaling** is designed to assist with your Quiet Time reading, aiding in studying your Bible and scripture meditation and memorization.



A Quiet Place



A Bible  
(NASB, NLT, ESV, NKJV)



A Journal



Pens, Markers, etc.

Materials  
Required





## The S.O.A.P. Method

**Scripture ~ Observation ~ Application ~ Prayer**

**“Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.” - Psalm 51:7 KJV**

# S = Scripture

## Select a Scripture:

- 🌸 Bible
- 🌸 Devotional
- 🌸 Memorization

Inside your journal, write the following:

- Date
- Scripture
- Scripture Address



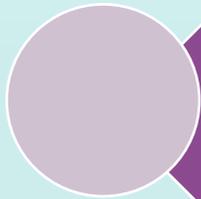
# O = Observation

Observe what you just read:



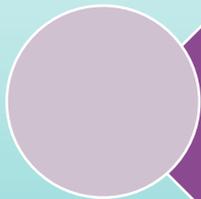
Take a moment to reflect on the scripture.

Are there any words that stand out to you,  
such as repeat words, verbs or nouns.



Is there anything in this Scripture  
that you see has been illuminated?

(Highlight, draw a picture; look it up for a  
greater meaning of the word or words)



In your own words, rewrite the scripture  
through your own observation of it.

# A = Application

## Applying the WORD

- ❁ Think of how you can apply the message of **GOD** in your own life. (Personal)
- ❁ Write down how you can apply the message, list your objectives and results in your **Journal** so you can reflect and remember them later. (What is **GOD** saying to me today? What changes do I need to make? Is there an action I need to take?)
- ❁ Believe that **GOD** is a keeper of **HIS WORD** and Promises. Have **FAITH** and **TRUST** that **GOD** will do what **HE** promises to do!

# P = Prayer

## Praying the WORD

- Create a prayer following what you have just learned by:
  - Thanking GOD for His WORD
  - Ask for the gift/blessing of GOD of what you just read
  - Ask the LORD to help you obey, follow and live out the message
  - Expect GOD to answer (Yes, No, Wait)

# How do I S.O.A.P.?

An Example from *Love GOD Greatly* “Women’s Ministry” – Colossians 1:5-8

**S** – The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God’s grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

**O** – (Many times I just bullet my observations...what I’m seeing at first glance when looking at the verses)

- When you combine faith and love, you get hope.
- We must remember that our hope is in heaven...it is yet to come.
- The gospel is the word of truth.
- The gospel is continually bearing fruit and growing from the 1st day to the last.
- It just takes one person to change a whole community... Epaphras.

**A** – Something that stood out to me today was how God used one man, Epaphras to change a whole town!!! I was reminded that we are simply called to tell others about Christ – it’s God’s job to spread the gospel – to grow it and have it bear fruit. I felt today’s verses were almost directly spoken to LGG...*“all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God’s grace in all its truth.”* Isn’t it fun when God’s Word becomes so alive and speaks directly where we are?!!!! My prayer today is that all the women involved in this Bible study will understand God’s grace and have a thirst for His Word.

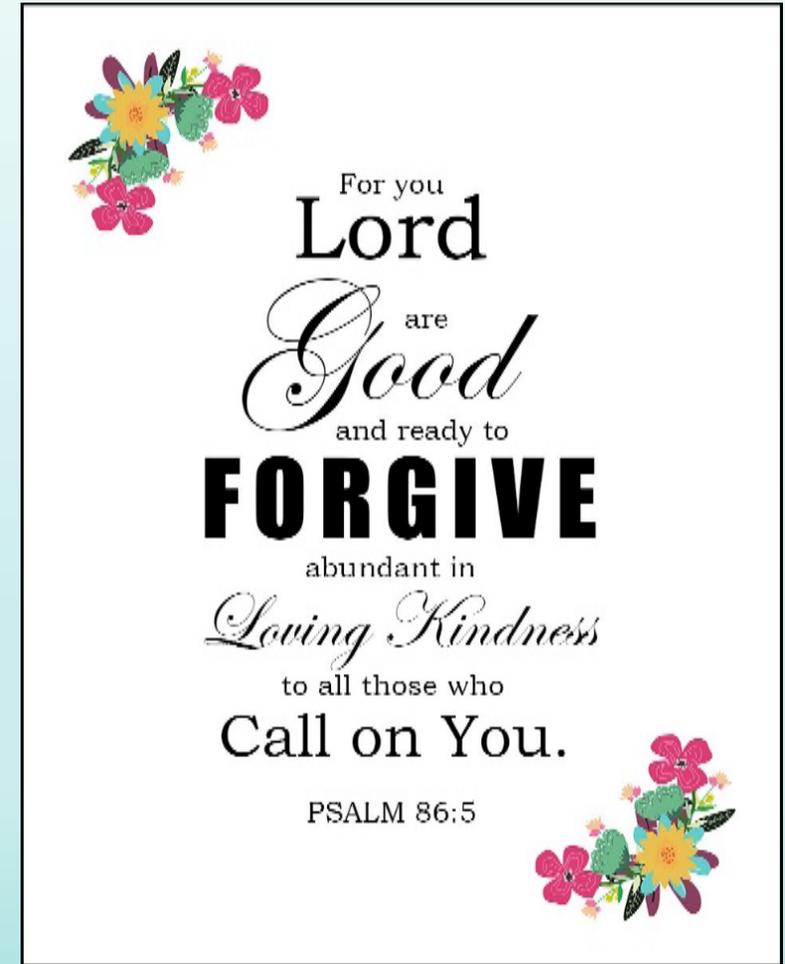
**P** – Dear Lord, please help me to be a “Epaphras”... to tell others about you and then leave the results in your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby becoming more and more like you each and every day. Help me to live a life that bears the “fruit” of faith and love... anchoring my hope in heaven, not here on earth. Help me to remember that the BEST is yet to come!

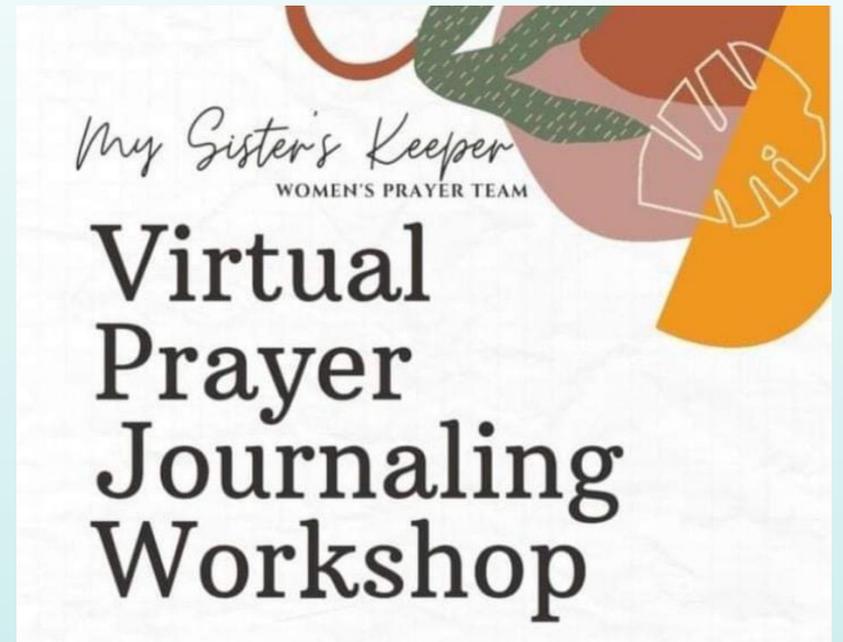
# OUR Turn to S.O.A.P

Take 5 minutes to practice journaling a S.O.A.P

- ❖ [Use Your Favorite Scripture]
- ❖ Psalm 136:26
- ❖ Psalm 63:3
- ❖ Psalm 86:5
- ❖ Psalm 119:64
- ❖ Psalm 51:7
- ❖ John 3:16
- ❖ Jeremiah 1:5
- ❖ Joshua 1:8

S-Scripture  
O-Observation  
A-Application  
P-Prayer





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