



JOURNALING METHODS

DESCRIPTION

Journaling Methods are ways to reflect on our daily reading of Scripture. One of the best ways to remember and put into practice what we read is to journal on our Scripture reading.

HOW TO PRACTICE

With each of these practices, start by reading your chosen section of Scripture and journal by answering the following questions from one method or the other:

S.O.A.P.S. Bible Reading

- Scripture - Write out one or more verses that are meaningful to you.
- Observation - Rewrite those verses or key points in your own words.
- Application - Think about what it means to obey these commands.
- Prayer - Write out a prayer telling God what you've learned.
- Sharing - Ask God who He wants you to share with about what you've learned.

G.U.S. Bible Reading

- God? - What does this passage you read say about the Creator?
- Us? - What does this passage you read say about the created?
- So What? - What do you need to do because of what you have read?