

S.O.A.P. METHOD //

Have you ever wondered if you are walking in step with the Lord? Do you feel you could be spending more time in the Word? Your answer is probably “Yes.” It can be frustrating sometimes trying to find the time for God and devoting your attention to Him. We must try harder in not “finding” time; instead we need to be “making” time. Here are some practical steps using the S.O.A.P. method to ensure a daily walk that’ll be sure to equip you in your relationship with Jesus Christ.

You’ll need three items (Bible, Pen & Journal) to S.O.A.P. each day! For more information on this concept or to see examples of journal entries, visit www.LifeJournal.cc.

S - SCRIPTURE

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O - OBSERVATION

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

A - APPLICATION

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P - PRAYER

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

It’s quite simple really. Don’t get to hung up on “doing this perfectly.” This is a time where you can be alone with God. He does not expect you to be perfect or holy. He knows that you are coming to Him out of love, and He is wanting to show the love that He has for you. Below is an example of what this time will look like.