

SOAP Bible reading and journaling

SOAP is a method of Bible reading and journaling that allows everyone to engage with scripture.

To commence you need: a Bible, a journal and a pen.



You also need a plan to read the bible. It is suggested that you read one book of the bible at a time, with reading a chapter a day, or some smaller portion.

S for Scripture

Open your Bible and read the passage that is allocated for that day. Take your time and get a sense of what is happening and what God is saying to you. When you are finished go back and find a verse, or phrase that particularly stuck out for you. Write it in your journal.

O for Observation

In your own words write down what you noticed about this verse. Who is speaking, what is happening? Write everything that you notice in your journal.

A for Application

Spend some time reflecting on what this means for your life right now. Does it give you encouragement, instruction, rebuke? Is there a new promise, or a fresh way of seeing God? Write how this scripture can apply to you today.

P for Prayer

This can be as simple as asking God to help you use this scripture, or it may be 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! Write down your prayer.