

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

## **S — Scripture**

Choose a passage from your daily reading. Write it out word for word or copy the verse that stands out to you.

## **O — Observation**

Write down what you see in the verse. What is happening? Who is speaking? What words or themes stand out? What is the context or main message?

## **A — Application**

Explain how this verse applies to your life today. Does it instruct, encourage, challenge, or correct you? What action can you take in response?

## **P — Prayer**

Write a short prayer asking God to help you live out what you have learned. This turns your reflection into a moment of personal connection with Him.

*The SOAP method helps you slow down, hear God's voice through Scripture, and respond with intentional action.*