

S.O.A.P LIFE JOURNALING

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17 (NIV)

Scripture – Read the chapter that you have chosen. Don't skim over it or read it too fast. Try to enter into what you are reading. You may need to read it two or three times. When a verse, phrase or word stands out or catches your attention, write it down in your journal. (make it a maximum of two verses)

Observation – What is it about that verse or that phrase or word that kind of struck you? What is it that seemed to catch your attention? What insight or observation do you actually want to write down? What might this verse have meant to the original writer or reader? Write your observations of the verse in your journal.

Application – How does your observation impact you? How should that thought, that observation, that insight, actually change you? God isn't speaking to you to increase your information; He's speaking to bring about transformation. He wants your life to grow, to develop, to change. Again, write your thoughts down. What might God be saying to you through this verse? What action will you take as a result of what you are hearing from God in this way?

Prayer – Respond to God with a prayer. Write to him as though you were writing a letter. Tell him how you

feel about what you've read, tell him what you think. Ask him to help you as you seek to apply it to your life. Ask for guidance as you act upon it. You may want to write a poem or draw something to signify what you've just thought about. Your prayer doesn't have to be long or deep, just try to make it come from where you are at.

Practice Exercise - Psalm 51:1-17 (The Message)

¹Generous in love—God, give grace!
Huge in mercy—wipe out my bad record.

²Scrub away my guilt,
soak out my sins in your laundry.

³I know how bad I've been;
my sins are staring me down.

⁴You're the One I've violated, and you've seen
it all, seen the full extent of my evil.
You have all the facts before you;
whatever you decide about me is fair.

⁵I've been out of step with you for a long time,
in the wrong since before I was born.

⁶What you're after is truth from the inside out.
Enter me, then; conceive a new, true life.

⁷Soak me in your laundry and I'll come out clean,
scrub me and I'll have a snow-white life.

⁸Tune me in to foot-tapping songs,
set these once-broken bones to dancing.

⁹Don't look too close for blemishes,
give me a clean bill of health.

¹⁰God, make a fresh start in me,
shape a Genesis week from the chaos of my
life.

¹¹Don't throw me out with the trash,
or fail to breathe holiness in me.

¹²Bring me back from gray exile,
put a fresh wind in my sails!

¹³Give me a job teaching rebels your ways
so the lost can find their way home.

¹⁴Commute my death sentence, God, my
salvation God,
and I'll sing anthems to your life-giving ways.

¹⁵Unbutton my lips, dear God;
I'll let loose with your praise.

¹⁶Going through the motions doesn't please you,
a flawless performance is nothing to you.

¹⁷I learned God-worship
when my pride was shattered.
Heart-shattered lives ready for love
don't for a moment escape God's notice.

Scripture

Observation

Application

Prayers