S.O.A.P.
Journal

A Daily Bible Reading Plan

Name: _____

Dates: _____

Psalm 119:9-16 (The Message)
How can a young person live a clean life?
By carefully reading the map of your Word.
I'm single-minded in pursuit of you;
don't let me miss the road signs you've posted.
I've banked your promises in the vault of my heart
so I won't sin myself bankrupt.
Be blessed, God;
train me in your ways of wise living.
I'll transfer to my lips
all the counsel that comes from your mouth;
I delight far more in what you tell me about living
than in gathering a pile of riches.
I ponder every morsel of wisdom from you,
I attentively watch how you've done it.
I relish everything you've told me of life,
I won't forget a word of it.

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How To Use This S.O.A.P. Journal

Congratulations! You are holding in your hands a tool that can help you connect with God in real and tangible ways. This journal is a practical way to listen to God and talk to God.

Let me walk you through some suggestions on how to use this journal most effectively:

1. **Gather six crucial materials:**
   (a) **Your Bible** – This is God's Word and is a major way that God will speak to you.
   (b) **A pen** – For underlining things in your Bible that speak to you and for writing in this journal.
   (c) **This journal** – This contains a Bible reading plan and a place to journal using the S.O.A.P. method.
   (d) **Your prayer list** – If you don't already have one, then you can use the pages dedicated to prayer in this journal for that purpose.
   (e) **Your calendaring system** – This helps prevent distractions. If in the middle of your quiet time you remember something that you need to do, jot it down in your calendaring system and then forget about it.
   (f) **Time** – Set aside 30 minutes to get alone with God using this S.O.A.P. method (20 minutes to read; 10 minutes to journal).

2. **Read today's Bible passage** – Turn to the Bible Reading Plan in this journal and look up today's date. Say a short prayer asking God to speak to you, and then read today's chapters from the Bible. As you read, underline verses that jump off the page at you. Write a note in your Bible if you like.

(Note: If you use this plan every day, you will have read through the whole Bible in a year including having read all the Psalms twice. Way to go! You can do it! If you miss a day, don't get discouraged. Always read TODAY's passage. If you have extra time, then you can go back and read a passage you missed. Don't stress out. Just read today's passage. If you do this, you will probably end up reading more of the Bible than you ever have. Don't quit. Keep going!)

3. **Journal using S.O.A.P.** – This is a simple acrostic developed by a pastor in Hawaii named Wayne Cordeiro. It is very simple and can be done in 10 minutes. Here's how you do it. Go to a blank page in the journal. Write today's date on the page. Give the page a page number. And write down the chapters that you read today. Then, do S.O.A.P.
   (a) **Scripture** – Pick one verse that really spoke to you in today's Bible reading. Literally hand write out that verse. Writing it out reinforces it in your mind and heart and allows God to further speak to you through that verse.
   (b) **Observation** – Now write a one or two sentence observation about that verse. What does the verse mean? What is the verse saying? (See example on next page)
   (c) **Application** – Now write a one or two sentence application from that verse. What is something that God wants you to do or believe or receive or say or stop doing or change your thinking on because of that verse? (See example on next page)
   (d) **Prayer** – Now write a one or two sentence prayer to God in response to this Scripture. Perhaps ask God for help in applying the verse. Confess a sin that was brought to light. Or thank God for something He said to you. Write a short prayer.

4. **Title the page** – Take a second to give that page of your journal a short title. One or two words that will help you remember your encounter with God's Word from today.

5. **Record this in your table of contents** – Now turn to the front of the journal where the table of contents is. Record the date, key Scripture verse, title, and page number for today. If you will consistently do this, then you will have a summary record of all your encounters with God's Word in this table of contents.

6. **Pray spontaneously** – End your quiet time with some spontaneous talking to God. Talk to Him like you would a friend. Thank Him for things. Ask Him for things. Perhaps use the prayer list page in this journal as a prayer prompt. Talk to God.

Way to go!!! You just spent time with God!!! Do it again tomorrow.

Date | Title | Page

10/17/10 **Bear** 17

Read: Leviticus 1:1-3:17, Mark 1:29-2:12, Psalm 35:17-28, Proverbs 9:13-18

S - Mark 2:5 When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.'

O - Jesus healed the paralytic because of the faith He saw in his friends - a faith that would stop at nothing until they got him in front of Jesus.

A - No matter how hopeless the situation or problem - I should be a "stretcher-bearer" for my family and friends. As a part of a church, I am called to carry others to Jesus - the One who forgives and heals.

P - Father, I don't want to be like the crowd that keeps others out of the religious leaders who criticize and complain. I want to be like the four friends who would stop at nothing to get their friend to you. Help me to have faith like these four friends - a faith that knows You are the source of forgiveness and healing. Help me to know this kind of friendship this year.

I love You,

MARK

Date | Title | Page

2/02/11 **Devoted** 151

Read: 2 Samuel 22:1-23:23, Acts 2:1-47, Psalm 122:1-9, Proverbs 16:19-20

S - Acts 2:42 They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

O - God was able to do great things through the early church because they made God the priority in their daily lives together as evidenced through their study of Scripture, acts of compassion, worship, and prayers.

A - It's not enough to be devoted to God on my own - God calls me to seek His grace, His truth, and His power in relationships with Jesus and others.

P - Father, I want to be devoted to you like the early church - 100% for You. Free me to serve You alone in my day-to-day life. Help me to order my days around opening up my heart and eyes to You through Scripture, acts of kindness, worship, and prayer. Most of all, I want You to move in grace and power in the lives of my family, my school, and my church. Show up in my relationships like You did back then.

Devoted,

CARTER

My Prayer List

My Ten Most Wanted

The 10 people that I most want to see come to Christ (2 Peter 3:9)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Prayers for Healing

People I am asking God to Heal (James 5:14-16)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Prayers for My Walk with God

Mark 12:29-31

Colossians 2:6-7

Ephesians 3:14-21

My Prayer List

Prayers for My Family (1 Corinthians 13:4-9)

Prayers for Leaders in My Life (1 Timothy 2:1-4)

Government Leaders

1.
2.
3.
4.

Church Leaders

1.
2.
3.
4.

Work/School Leaders

1.
2.
3.
4.

My Prevailing Prayers (Luke 18:1)

Bible Translation Comparison

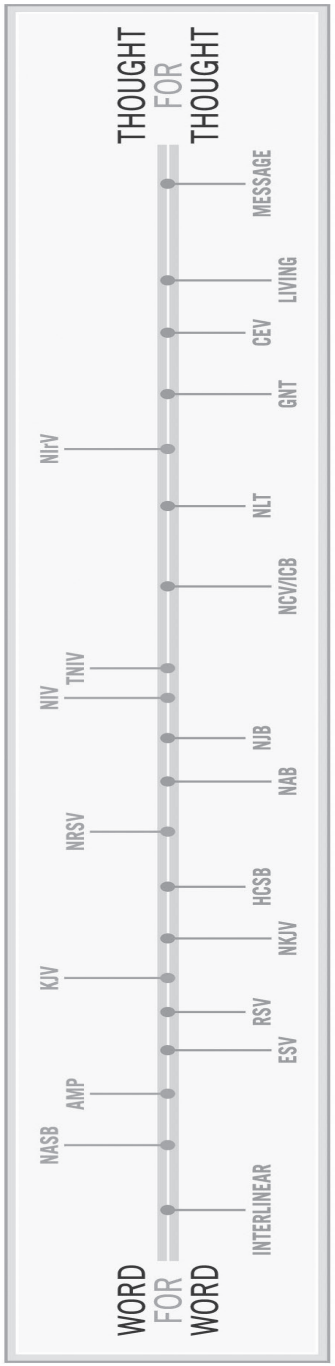
New International Version (NIV)
The NIV is a highly accurate and smooth-reading version in modern English. It is the best balance between word-for-word and thought-for-thought translations (See Translation Continuum diagram). The translator's purpose in the translation was to "produce an accurate translation, suitable for public and private reading, teaching, preaching, memorizing, and liturgical use." (quoted from www.zondervan.com)

New King James Version (NKJV)
The NKJV is written in modern English, making it easier to read than the King James, while retaining the familiarity of the 17th-century sentence structure. Authors used the original KJV as a benchmark, while working to produce an accurate and modern word-for-word translation without the old English "thee's" and "thou's" and archaic English words (See diagram).

New Living Translation (NLT)
The NLT is a very readable translation. It uses vocabulary and language structures commonly used by the average person. Translators were involved in bringing the classic Living Bible from its status as a paraphrase to a thought-for-thought translation of Scripture (See diagram). These scholars and stylists went back to the original languages and sought to produce the closest equivalent of the message in contemporary English.

New American Standard, Updated (NASB)
The NASB is a highly respected formal translation of the Bible that is more readable than the King James Version. The NASB is very much a word-for-word translation (See diagram). The translators' purpose was to update the American Standard Version into more current English.

The Message
This is an easy to read, modern language paraphrase and is completely thought-for-thought (See diagram). The Message converts the original languages into the tone and rhythms of modern-day American speech while retaining the meaning of the original languages.



This continuum shows how different Bible translations fit into the word-for-word and thought-for-thought translation philosophies.

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