

SOAP Bible Study Method

- 1.) **S-Scripture** (write down the verse that spoke to you most in the passage you read)
- 2.) **O-Observation** (write down what you observed from that verse)
 - Keep observations simple and clear, even obvious
- 3.) **A-Application** (write whatever you feel God is telling you through the verse. This is kind of like God saying to you, "Here is what I want you to apply to your life")
- 4.) **P-Prayer** (spend time talking with God as you would a friend over the phone or over coffee)
 - write your prayers out (gives you a running record of when & how God answers them)

Begin by gathering the following tools to help you experience satisfaction in reading, studying, and applying insights from God's Word

- 1.) Need a good, easy to read translation of Bible (NIV, NLT, ESV)
- 2.) Find a Bible reading plan that motivates you or use a ONE YEAR BIBLE
- 3.) A journal or blank notebook to record your insights
 - Gives you the ability to track your growth
 - Calls you to remember and appreciate God's on-going work in your life
 - Phil. 1:6, "He who began a good work in you is faithful to complete it"
- 4.) Your calendar or a scribble pad
 - Gives you a place to record pesky, intrusive concerns about things you need to do and allows you to stay in the moment and come back to those items later
- 5.) Time
 - Carve out regular daily time for study and reflection
 - Refuse to compromise or negotiate the time away
 - Give yourself grace when you miss, but stay committed
 - Ask some Christian friends to check in on your process and hold you accountable

Tips for Study and Journaling

- 1.) Pay careful attention to the quiet voice of the Holy Spirit
- 2.) Underline verses that jump out at you
- 3.) Look for words and phrases that call for further reflection and thought
- 4.) Give that day's study a title based on what God has taught you
- 5.) Record the title & page # at the beginning of your journal (creating a table of contents to give you a running index of what God is teaching you & enables you to revisit these insights for further reflection)

SOAP Bible Study & Reflection Journal

Title: _____

Date: _____

Passage: _____

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Other notes/insights/reminders:
