

SOAP Journal Template

*Scripture * Observation * Application * Prayer*

SOAP is one of the most-used Bible journaling methods in the English-speaking church. It turns reading into reflection, and reflection into prayer. Use one template per passage -- daily, three times a week, or whatever rhythm fits your season.

S -- Scripture

Write out the verse or passage. The act of writing slows you down and helps the words sink in.

O -- Observation

What is happening here? Who is speaking, to whom, and about what? What stands out -- a repeated word, a contrast, a command?

A -- Application

What does this mean for me, today? Where in my life -- work, family, thoughts, words -- does this passage call for change or comfort?

P -- Prayer

Turn the passage into a prayer. Thank God for what He has shown you. Confess where you fall short. Ask for the help you need to live it.

