



A Believer becomes a Disciple when they begin to feed themselves spiritually. They want to encounter God personally and hear his voice. S•O•A•P is a journaling process for a young disciple to develop the spiritual discipline of listening to God through his Word.

S•O•A•P stands for **Scripture, Observation, Application, Prayer**. You're training a Disciple to take time daily to journal as they read the Bible. Here's how.

**Preparation:** Find a private time and place to read the Bible. When is the best time for you? *The best time is when you're at your best.* Use a reading plan (a paragraph or chapter a day). If you need a suggestion, start with Philippians. Pray before reading, *Father, I want to learn from you today. Please have your Spirit help me understand your words to me.*

**S cripture** Read the selected Scripture. Don't just skim; read to comprehend it. Perhaps read it two or three times. Ask, *What does the passage say? Why was it written?* Write in your journal a verse or two that impacted you. Underline a key verse, if you wish.

**O bservation** List your observations about the verses. *What do I learn about God? About life? About myself?* Perhaps you have an insight God is giving you. Record it in your journal.

**A pplication** Write down how the passage relates to your life right now. *How does it apply to me today? What should I do?* Try to be practical and realistic.

**P rayer** Write a prayer, expressing your application to him. *How can I pray to God today, using this Scripture?* It need not be a long prayer. God knows your heart, knows what you need. Silence your heart to listen to him. If he speaks, write it in your journal. Use **F•A•C•T•S** if you wish to continue to pray. (Faith, Adoration, Confession, Thanksgiving, Stuff).

#### Helpful Hints:

- have a To-Do list to write down something you must do later. It helps you be undistracted.
- keep S•O•A•P simple. Seek to spend time with God, not fill a journal page with notes.
- guard your time with God. Is there anything more important than getting to know him? No.
- it takes time to develop a spiritual habit - weeks, sometimes months. Be patient!

*Small things done in great love will change the world, one person at a time...*

<sup>1</sup> Wayne Cordeiro, *The Divine Mentor*, Bethany House, 2007.

