

# SOAP Journaling Method



The SOAP journaling method is a simple but helpful way to study the Bible and apply it to our own lives.

SOAP stands for, 'Scripture, Observation, Application and Prayer' and involves four simple steps.

**S** – Scripture – Read a short Bible passage out loud and/or write it out.

**O** – Observation – What do you notice about the verses? What do you think the main message is? What verses, words or ideas jump out to you?

**A** – Application – Ask God how he wants you to apply the verse to your own life.

**P** – Prayer – Pray for yourself and/or for others.

## SOAP for individuals.

Thousands of Christians around the world have found the SOAP method helpful in their personal devotional time.

Optional ideas:

- Buy a special notebook to write your daily 'SOAP' responses in.
- Follow a daily Scripture plan (you can download one from [toolkit.salvos.org.au](http://toolkit.salvos.org.au))
- Meet up with a Christian friend every week to share how you've been growing in your daily SOAP studies.

## SOAP for small groups.

SOAP can also be used as the basis for a small group bible study.

Begin your session with a sharing time. You could ask:

- *What is something you are celebrating this week?*
- *What is something you need prayer for this week?*

Next, let the group know what Scripture passage you will be looking at together.

Follow the four steps of SOAP, with the following modifications:

- Ask one group member to read the Scripture passage out loud for everyone.
- Give each group member an opportunity to share their 'Observation' and 'Application' with the group.

You might like to work through a book of the Bible over several weeks.