

HOW TO USE THE JOURNAL

1. Read the assigned passages for the day *slowly*
2. Pick a word, phrase, verse or few verses that jump out at you. Write the verse down in the journal.
3. Spend some time thinking why the word / verse jumped out at you. What does the word / verse mean? What is it saying? Write down your observations.
4. Spend some time thinking about how you can apply it *today*. Be *specific*. Write it down.
5. Then, write a prayer in response to what you have written.

A quick way of remembering this process is **SOAP**

Scripture

Observation

Application

Prayer

Finally, here are some questions to ask as you meditate on the verse. Is there....

S in to confess -
P raise to proclaim
A ttitude to change
C ommand to obey
E xample to follow

P rayer to pray
E rror to avoid
T ruth to believe