

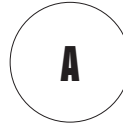
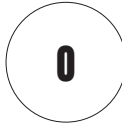
2021

*THE WORD
OF GOD
IS ALIVE
& ACTIVE*

SOAP METHOD



KANSAS CITY



- **"S"** stands for the *Scripture*, or portion of scriptures, you select to study. Write them down in your journal. You can even make it into a work of art!
- **"O"** stands for your *Observation* of that verse. What stood out to you about this passage? What did you learn? What do you feel God is showing you about this verse?
- **"A"** stands for the *Application* of the scripture to my life, as the Holy Spirit leads. Is there anything in your life that does not align with this verse that needs to change? Is there something God wants you to do, believe, or confess?
- **"P"** stands for *Prayer*. Take a moment to reflect and write out a prayer relating to what God has shown you in this verse.

HOW A SOAP JOURNAL ENTRY MIGHT LOOK

*S (Scripture): "I can do all things through Christ who strengthens me."
-Philippians 4:13*

O (Observation): Because Christ lives in me, there is nothing I cannot do. He promises to give me strength for anything that comes my way.

A (Application): Yesterday I was doubting my ability to accomplish a huge project at work, but I need to remember that I can take God at His word, and it says that I can do all things through Christ, and this means ALL things, even this!

P (Prayer): "Lord, please forgive me when I try to rely on my own strength. I ultimately know that when I depend on myself, I will be let down, and short circuit your strength & power working in me. Remind me of the truth of this verse when I'm tempted to doubt my abilities & show me how to rely upon YOUR strength. You promise that I can do all things with your help!

In Jesus Name, Amen!



DATE / /

DAY: /365

S

O

A

P
