

SOAP Scripture Journal

A 30-Day Guide to Deeper Bible Study & Prayer

Good Soil Discipleship

*"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom."
— Colossians 3:16*

Created for disciples making disciples
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Welcome

This journal is designed for one purpose: to help you encounter God through Scripture in a way that transforms your life.

The SOAP method is simple, proven, and powerful. It's been used by millions of believers—from seminary students to corporate executives to stay-at-home parents—to deepen their relationship with God and apply His Word to everyday life.

Over the next 30 days, you'll spend time with Scripture daily. You'll slow down. You'll write. You'll pray. And you'll notice how God's Word begins to change not just what you think, but how you live.

What You'll Need

A Bible (any translation you prefer—ESV, NKJV, NIV, NLT, or others work well)

A pen (not a pencil—writing by hand deepens engagement)

15-20 minutes per day

Quiet space where you can focus

How to Use This Journal

The SOAP Method Explained

Scripture: Write out the passage slowly. By hand. Copying Scripture engages your mind differently than just reading it. Notice repeated words, themes, or phrases that stand out.

Observation: Ask yourself: What does this passage reveal about God? About people? About sin, grace, redemption, or obedience? Look for contrasts, comparisons, and commands. Don't try to interpret yet—just notice.

Application: Now here's where it gets personal. How does this passage apply to your life today? What is one specific, concrete step of obedience? (Not general—specific. 'Be more kind' is vague. 'Call my brother today and apologize' is specific.)

Prayer: Turn what you've discovered into conversation with God. Thank Him for what you've learned. Ask Him to help you obey. Confess what needs confessing. Pray for others. This isn't a formal prayer—it's honest conversation.

A Sample Entry

Scripture (Matthew 6:33):

'But seek first his kingdom and his righteousness, and all these things will be given to you as well.'

Observation:

Jesus is telling me that God's kingdom and righteousness should be my priority—above money, status, success, comfort. The phrase 'all these things' refers to the basics: food, clothing, shelter. He's saying if I prioritize Him, He'll provide for my needs.

Application:

I've been anxious about my career and finances. This week, I'm going to spend 30 minutes in prayer and Bible study every morning before checking email or work—putting His kingdom first literally and practically. I'm also going to tell one person about my faith this week.

Prayer:

God, forgive me for worrying. Help me trust You with my future. I want to seek Your kingdom first. Help me be bold about my faith at work. Remind me that You provide. Amen.

Tips for Deeper Study

Slow Down. You're not trying to finish the Bible quickly. You're trying to encounter God. Spend time with one passage. Re-read it multiple times.

Use a Good Translation. Word-for-word translations (ESV, NKJV) are better for detailed study. Thought-for-thought translations (NLT, The Message) are good for understanding big ideas.

Ask Questions. Who is speaking? Who is listening? What's the context? What does this word mean? Why did the author include this detail?

Connect to the Big Story. How does this passage fit into God's larger story of creation, fall, redemption, and restoration?

Be Specific in Application. Generic applications don't change lives. 'I should be more patient' is generic. 'I'm going to count to 10 before I respond to my kids' is specific and measurable.

Pray First & Last. Ask God to open your heart before you read. End with prayer, asking Him to work in your life.

30-Day Journal Entries

The following pages are your space to practice SOAP daily. Use the template on each page to record your Scripture, observations, applications, and prayers.

Day 1 — Date: _____

Scripture (Write out the passage):

Observation (What do you notice?):

Application (What's one specific step of obedience?):

Prayer (Write your prayer response):

Day 2 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 3 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 4 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 5 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 6 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 7 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 8 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 9 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Day 10 — Date: _____

Scripture:

Observation:

Application:

Prayer:

Weekly Reflections

At the end of each week, pause and reflect on what God is teaching you.

Week 1 Reflection

What was the most important thing God taught you this week?

What applications are you actually practicing?

Who can you share what you're learning with?

Appendix: Suggested Passages

If you don't have a reading plan, here are passages to work through:

Gospel Foundation: Matthew 5-7 (Sermon on the Mount)

Psalms for Prayer: Psalm 23, 42, 73, 139

Practical Wisdom: Proverbs 3, 10, 16, 27

Life Transformation: Romans 12, James 1, 1 John 1-2

Character Growth: Galatians 5, Colossians 3, Philippians 4

Notes Section

Grace and peace,

*Junior Saint-Val
Good Soil Discipleship*