

# S.O.A.P. Method

## 30 Minute Devotionals With Meaning

### S.O.A.P. Steps

1. Pray (5 minutes) use a list you have prepared
2. Read your Bible (10 minutes) – have a plan
3. Journal using S.O.A.P. method (10 minutes)
  - a. **S = Scripture:** Write down a meaningful scripture from your reading
  - b. **O = Observation:** write 1-2 paragraph “Observation” about this passage
  - c. **A = Application:** Write a 1-2 paragraph of personal “Application” about this passage
  - d. **P = Prayer**
4. Share or pray over you thoughts (5 minutes)

### Notes

1. Make sure you use at least one page in your journal labeling each part of the entry with either an “**S**”, “**O**”, “**A**”, or “**P**” in the left margin.
2. Make sure to **date** and give you journal entry a **title** at the top of the page (Short and sweet)
3. If you don’t have any place to read, start with Proverbs of the day (i.e. on Sept 20, read Proverbs 20). Also, read one chapter of the New Testament and one psalm. You can also try the On-Year plan.

### Example:

Here is one (actual!) journal entry to help give you an idea of how to organize your thoughts:

#### **Friday, Sept 19 – “The Only Thing”**

**S** Galatians 5:6b “The only thing that counts is faith expressing itself through love.”

The ONLY thing that counts, that has meaning, value or merit, the only thing that really matters or that I should even concern myself with is ...

**O** faith! But faith needs to be expressed — not as a duty or obligation or because it earns me favor with God — but expressed through loving God and loving people.

**A** For me, faith expressing itself through love might mean serving people cheerfully when I don’t really feel like it. Maybe I need to say a kind word to someone who hasn’t been nice lately. Maybe it means praying to God — joyfully! — when I’m tired or frustrated or confused. This is the time I need to thank God ahead of time ... and love Him — that’s faith!

**P** Thank you Lord for the ability to engage in the only thing that counts: Faith expressing itself in love. Amen!