



I will meditate on Your precepts And regard Your ways. - Psalm 119:15

The **S.O.A.P.** *Self Feeding* **DAILY** **Devotional Plan**

S.O.A.P. stands for Scripture, Observation, Application, and Prayer.

It is a method of Bible journaling developed by Pastor Wayne Cordeiro. It's a great way to get more out of reading your Bible, and allows you to record your thoughts, emotions and the revelation you receive from God's Word.

As beneficial as the bible is, you only benefit from it based on what you do with it

- DrMauricePugh

Getting Started

- 1. Time and Place:** Find a quiet time and space to read your Bible, preferably at the same time each day. Many people find that reading scripture in the morning helps get their day off to a focused start.
- 2. What to Read:** You can follow a reading plan through the entire Bible, or the New Testament. Or you can select one book of the Bible to work through at a time. If you don't know where to start, pick a Gospel (Matthew, Mark, Luke, or John), and then work your way through it and on through the rest of the New Testament.
- 3. Use a Journal:** You can use a paper journal, or electronically record your daily entries.
- 4. Time Breakdown:** 1/3 Bible - 1/3 Journal - 1/3 Prayer

EXAMPLES

<p>5 min Bible 5 min Journal 5 min Prayer</p> <p>15 MINUTES</p>	<p>10 min Bible 10 min Journal 10 min Prayer</p> <p>30 MINUTES</p>	<p>15 min Bible 15 min Journal 15 min Prayer</p> <p>45 MINUTES</p>	<p>20 min Bible 20 min Journal 20 min Prayer</p> <p>1 HOUR</p>
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I will walk in freedom, for I have devoted myself to your commandments. - Psalm 119:45

S.O.A.P.

Scripture

Read meditatively and thoughtfully through a portion of Scripture. Pick a verse or two that stood out to you and write it in your journal.

Observation

Now write some observations about the verse(s) or passage. What is this passage or verse saying? About God? About people? How is Christ revealed in this?

*O how I love Your law!
It is my meditation all the day.*

- Psalm 119:97

Application

Now write a few sentences on how this passage applies to your life. Is there truth about God that you are to believe? A promise to receive? Is the Holy Spirit convicting you of something you need to do or stop doing in light of God's truth?

What specific principle are you challenged to practice based on Scripture, prayer, and reflection? Be doers of the word and not merely hearers. (James 1:22)

Prayer

Now write out a prayer to God in response to this Scripture. This is a way to turn God's Word to you back to Him. Be honest and express your heart to Him. God always listens and He delights in your prayers. (Psalm 34:15; Proverbs 15:8)

Your word I have treasured in my heart, That I may not sin against You. - Psalm 119: 9-11