



TFC S.O.A.P.

SOAP JOURNALING STEPS

God wants us to walk with Him in relationship throughout the day so this encourages us to think about the scriptures, observe what God is doing in our lives and in the lives of other's, apply the word of God to the situations we encounter and pray throughout the day.

SOAP JOURNALING STEPS

How should I journal? **“Bring your Bible, pen, journal, and reading plan.”**

Find the scriptures from TFC's recommended reading listed below. Read the Passages with an open heart and Jesus will give you words of encouragement, direction, and correction. (2 Timothy 3:16)

To record what Jesus has shown you:

- Write today's date
- Write down the main scripture (Scripture) (5-10 min)
- Write what you see in the Scripture (Observation) (10-20Min)
- Write how you will be different today because of what you have just read (Application) 5-10min
- Write out your prayer (Prayer) 5-10min (optional to write it out)
- Give your S.O.A.P. devotion a title at the end of your devotional time

*The time is flexible - Usually 30-60 minutes is average for a good devotional time.

WHAT SHOULD I USE TO JOURNAL?

You decide what approach to journaling best fits you. Whether you decide to write it out with pen and paper or create a digital journal on one of your devices, there is no wrong way to journal.

You can pick up a paper journal at your favorite store or download a free app on your device to create a digital journal. A great journal app is "Evernote".

OPTIONAL TOOLS IF YOU WANT TO EXPLORE THE SCRIPTURE MORE:

- You can use the "YouVersion" App; biblegateway.com or biblehub.com to:
 - Look at other translations of the same scripture
 - Read Commentaries about the scripture to see a different perspective
 - Study specific words in the scripture
 - If you would like to read more about this devotional method, you can pick up a copy of "The Divine Mentor" in English or "Mentores Según El Corazón de Dios" in Spanish by Wayne Cordeiro at the TFC Bookstore

TFC recommends you begin your S.O.A.P. in one of the New Testament books.

Your TFC leader will give you more information.

It's not about how much you read but the quality of what you learn.