

Christians of every type believe that God speaks to us through the words of the Bible. Sometimes, however, it can be overwhelming to read and understand Scripture.

We'd like to help you read the Bible "devotionally" (i.e. read the Bible listening for an insight/inspiration from God). When you read the Bible, it's as simple as **S.O.A.P.**:

- **S - Scripture**... write down one word, phrase, or sentence that catches your attention. It can be anything!
- **O - Observation**... make an observation about what that word, phrase, or sentence says about God, life, faith, humanity, etc.
- **A - Application**... How does this apply to your life personally? How will you be different now that you've read this?
- **P - Prayer**... write a short prayer to God for what you've learned.

HOW TO GET STARTED

Here's all that you need:

- A Bible (any translation. We read NRSV in worship at St. Paul's...
- A blank journal or notebook...
- A pen/pencil...

What's the process of Scripture Journaling?

1. Ask God to open your heart to hear whatever it is that God wants to speak to you as you read.
2. Read the passage.
3. When you read, feel free to circle, underline, and make marks in your Bible... this will help you when you return to decide on what to journal.
4. Using the S.O.A.P. model (see above), start journaling!
5. Record your journal entry in the Table of Contents page you've created at the front of your journal. This will help you find journal entries easier in future weeks/months.