

## **Disciplemaking Strategies: S.O.A.P. Journaling**

Journaling is an excellent way to both record and process what God has spoken to us. It's also a useful tool to use at a later time, to reflect on and review some of the 'gems' that you have received. Without writing them down, you may forget those blessings and some very important lessons! And while journaling is a very personal time with the Lord, you may want to share some of your daily journaling with your small group or mentors. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight and even encourage others.

### **S = Scripture**

Read a portion of the Bible. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

### **O = Observation**

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Suggestions: What lessons did I learn? Any commands? Any examples to follow? Any promises to claim? Paraphrase and write this scripture down in your own words, in your journal.

### **A = Application**

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this Scripture can apply to you today. How will you be different this week because of what I have learned?

### **P = Prayer**

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.

## Developing Intimacy with God

**PRAISE**--Begin by praising God, declaring all that God is. State every name, description, and character trait that comes to mind.

**WAITING**--Get as comfortable as you can and bring your mind and spirit into a time of complete silence to the world. Think no thoughts but thoughts of love to God. Concentrate full attention on loving God with your whole being.

**CONFESSION**--Confess any specific sins you may be guilty of, either against God or your fellowman. Then invite the Holy Spirit to search your heart and reveal to you unconfessed sin. Listen carefully and then quickly repeat back to God everything that He brings to your mind.

**DELIVERANCE**--Become spiritually alert! Watch for the methods Satan may try to use to hinder your growth as a Christian. Ask the Holy Spirit to reveal how Satan is working in your life to try and stop you from connecting to God. Ask for God's deliverance.

**INTERCESSION**--To intercede is to stand in someone's place. Pray about the people that you are concerned about. Ask God for guidance as to how to pray for each specific need. Here is one way to pray for people:

***B.L.E.S.S.** **Bodily** needs for health, protection, strength, safety, etc. **Labor** issues including daily work, income, and job security. **Emotional** qualities such as joy, peace, and hope. **Social** concerns related to support, marriage, family, and friends. **Spiritual** needs such as salvation, faith, & sensitivity to God.*

**PETITION**--Pray for your own needs.

**THANKSGIVING**--Thank God for everything that comes to mind. Move beyond words into an attitude of thanksgiving.

**MEDITATION**--Consider in your mind what God is doing in your life. Ask God to show you the purpose of the events of your day. Ask God to accomplish His purposes.

**LISTENING**--Ask a question and then listen for an answer. What would you ask God if you knew that He was listening? He is listening--Ask! Be aware of scriptures that may come to mind in answer to your question. Write down any impressions that you may have so you don't forget them.

**PRAISE**--End your prayer as you began with joyful praise!