

## Journaling

Journaling is a great tool for those who are reading and meditating on scripture— it makes the process more tangible! Journaling helps us process what we are learning as we go through scripture. It often helps to write down the passage and to answer a few guiding questions. When a verse sticks out to you, use a meditation method to help you understand it more (check out our “meditation methods” resource on our website)! We can use our journals for writing prayer, writing letters to God, writing poems or songs to God, you name it! Consider the two examples given below. *You can “frankenstein” these two methods together if you choose!*

## Journaling Methods

### Journaling Method 1: “SOAP”

“SOAP” stands for Scripture, Observation, Application, and Prayer. Using this method, you would have your time in prayer and read your passage for the day. Afterwards, you simply write down the passage (or just the reference) and you ask yourself what you observed in the passage, what you can apply from the passage, and then what your prayer would be regarding that passage. Take a look at the example provided.

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S John 15:1-4

O God is the gardener, Jesus is the vine, and I am the branches. God wants me to bear good fruit but this is impossible to do apart from Him. God will prune branches to help them grow even more fruit. Apart from Jesus I cannot bear any fruit

A If I want to bear fruit as a Christian and see the change that Jesus brings to my life I must remain close to Him. I want to see my life made new and the only way my life can be made new is by giving it to Jesus, trusting Him with it daily, and committing to follow him.

P God, will you help me have a heart that wants to be near to you always? Please help me stay close to you and to show others how to stay close to you too. I want to bear good fruit and see your work in my life. My life is yours and I will stay close to you forever. Amen.

### Studying Scripture Method 2: “KEY” Journal

“KEY” Journaling can be done in multiple ways, but the simplest way is to break your quiet time down into a few “KEY” questions. After you have read and marked down what passage you went through for that Quiet Time, ask yourself what “KEY” passage stood out to you from your reading, what “KEY” truth stood out to you from the reading, what “KEY” application stood out to you during the reading, and what “KEY” prayer stands out to you from your time in the word. Take a look at the example provided.

5/1/2023

John 15:1-4

Key Passage:  
"Remain in me as I also remain in you"

Key Truth:  
Jesus wants me to bear fruit as I grow closer to Him. The only way I can do this is by staying close to Him. I cannot bear fruit that makes God happy on my own. I cannot change my life on my own. Only Jesus can.

Key Application:  
my heart wants to be closer to Jesus and to be made new by Him. The only way I can be made new is by clinging closer and closer to Jesus. If there are other things I am holding onto, I need to let them go.

Key Questions:  
are there other things I am holding onto? in what ways am I not drawing near to Jesus? What fruit do I already see in my life? What fruit do I want to see?

Key Prayer:  
Jesus, can you give me a heart that wants to be closer to you? can you show me where I need to let go of other things? can you show me where I need to draw closer to you? Will you let my heart bear fruit and look more like you?