

JOURNALING FOR SPIRITUAL GROWTH

This type of journal is a written record of personal reactions to spiritual matters. The type of journal you decide to use is not as important as getting a type of journal that is easy and accessible, so you can write frequently. You may choose a hard bound journal or spiral one, or a digital one; you may want to even download a journal app (check out myMemoir by Simon Mendoza or My Journal by JI Software).

What kind of things might go into it?

- stuff that comes to mind as you study the Bible;
- things you sense around you (observations);
- places you've been and what you draw from them (pilgrimage and travel);
- insights you've had along the way;
- prayers you've prayed (formally-written, poetic, or said/screamed/sobbed toward God).
- special things that others have written or said;
- ways you've surprised yourself;
- dreams

SOAP Method

This method can help you remember and apply things you read in the Bible. Enter your thoughts in your journal.

S – Scripture

Read a passage of scripture.

Copy a particular verse that stands out to you, including the book of the Bible, chapter and verse)

O – Observe

Write down what observations you have about this verse.

A – Apply

Write down how you can live out this scripture in your life.

P – Pray

Talk with God about what you read and listen for what God might want to give you through this scripture and in this time of prayer.