

Journaling

Your 365 Journal is simply a notebook where you write down what God says to you. At the heart of your journaling is an easy-to-remember acronym: *SOAP*. This is not a diary. It's not a place for random thoughts. It's a notebook where you record what God is saying to you.

Method to follow for journaling

- S = Scripture
- O = Observation
- A = Application
- P = Prayer

S-Scripture: Read through the scripture, watching for one specific text (this could be one verse or several) and the lesson it teaches that jumps out at you more than any other. If it's several verses, identify one or two verses to write out. Whatever the text is, write it down in your journal. Focus on ONE thing.

O-Observation: The question is "Am I listening?" Ponder the message God has highlighted for you. Think about to whom the passage was originally addressed and why it was written. Ponder its meaning and tone and let it soak into your heart. Write down what you think is noteworthy.

A-Application: Take time to write out how you plan to put into practice this lesson. How will you be different today as a result of what you have just read? How does this verse or thought apply to you? Remember, application is what makes the difference between *hearing* God's will and *doing* God's will.

P-Prayer: Write out a one, two, or three sentence prayer (keep it short) related to this application. Ask God to help you apply what you learned and thank him for the power of his word.

Title

At the top of the page write a title that describes what you have focused on today.

Key truth

"For a lifetime of growth, continual learning is an essential. Experience alone will not guarantee learning. It's what you *learn from* your experiences that will transform your future. Your future is not comprised of the sum total of all your experiences. It will consist of how you have *defined* them."

Wayne Cordeiro