

## **What do I Write in My Journal?**

Where do I start? What do I write? How long does it need to be? These are all good questions and for many of us not knowing the answers is what holds us back from even trying. The Life Journal helps by breaking your journaling down into four simple segments: S.O.A.P.

**S**cripture - Open your Bible to the reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you and write it down.

**O**bservation - What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. You can also paraphrase and write this scripture down in your own words.

**A**pplication - 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.

**P**rayer - 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.

If this seems a little overwhelming, take it slow and keep it simple. No matter how you decide to do your devotions, the important thing is to show up for your daily time with God because He is always waiting for you.