

DEVOTIONAL JOURNALING

BEGIN A DEVOTIONAL JOURNAL AND USE S.O.A.P. AS A WAY TO GUIDE YOU THROUGH THIS PRACTICE.

EACH DAY

S – Scripture:

- Take the 'Reading Guide' (found online or at the Connect Centre) and slowly read the passage for the day.
- After you've read ask: What stood out to you? What touched you? What interested you?
- Write out that scripture and text in your journal.

O – Observation:

- What is happening in this verse? Make a note of some of the details of what the verse is highlighting to you. Write out your observations in your journal.

A – Apply:

- Now you need to ask how this scripture connects with your life. Once you have identified a personal insight, write a few words about what God is saying to YOU. This helps us be doers of the word and not just hearers (James1:22). It is also here where you ask God to speak to you in a personal way.
- Write this question: God what would you like to say to me?
- Wait and Listen... This is Listening Prayer. Then write the 1st thing that comes to your mind – no matter what! Do not wrestle with whose thoughts they are – just write the thoughts down.
- Do NOT reject positive things God may want to say. If what you hear aligns with scripture, accept them by FAITH.
- Keep writing as long as you get thoughts – don't stop!

P – Prayer:

- Lastly, respond to what it is that you heard from God. Write out your prayer in your journal.

EXAMPLE OF A JOURNAL ENTRY

Date: Jan 7/19 Title: Marching Orders – Pray

S - Matt10:27 "What I tell you in the darkness speak in the light; and what you hear whispered in your ear, proclaim upon the housetops."

O - If I am not hearing Him in the darkness what will I speak in the light?! If I am not hearing Him whisper in my ear, what will I proclaim on the housetops?!

A - What a great word! This reminds me to not only talk to God in prayer, but equally important is to hear Him in prayer! Lord what would you like for me to hear from you today? (Wait and listen) Mike, know that you are a treasured son of the Most High God!

P - Dear Jesus, thank you for helping me hear You today! I want to be still that I may hear your marching orders for my day, for my week, for my life. Speak Lord for your servant is Listening.