

# My Journal

A journal is the record of a journey. I am on a journey with God through his word, the Bible. Here I will record the things God says to me and the prayers I offer to him in response.

## The Plan

1. Find the Scripture for today in the Bible Reading Schedule.
2. Read slowly with an open heart, asking God to speak to you.
3. Pick something that speaks to your heart. Turn to a fresh page in your journal.
  - a. Write today's date.
  - b. Follow the SOAP acronym:
    - Scripture. Write out the reference and the section of Scripture that particularly speaks to you.
    - Observation. What do you see? What does it say? What does it imply?
    - Application. How does this affect me? What difference should this make in my life?
    - Prayer. Ask for God's help in applying what he has shown you.
  - c. Give a title to your entry
4. Turn to the Table of Contents and record your entry. Write the page number, date, text, and title.
5. Worship the Lord. Thank him for his goodness and for speaking to you. Respond to his word. Pray. The model prayer (Matthew 6:9-13) can serve as a good outline for your conversation with the Father.

## Sample Table of Contents

Page	Date	Text	Title
2	Sept. 4, 2017	Matthew 1:22	Salvation From Sin

## Sample Journal Entry

Monday, 9-4-17      *Salvation From Sin*

- S*    *Matthew 1:22    He will save his people from their sins.*
- O*    *The people of God need to be saved from their sins. God will do this.*
- A*    *My biggest problem is sin. Jesus saves me from sin's guilt, power, and punishment.*
- P*    *Thank you for saving me from the consequences of my sin. Thank you that although the wages of sin is death, your free gift is eternal life through Jesus. Thank you for forgiveness and a clear conscience. Thank you for your power at work in me. Please lead me away from temptation today and deliver me from the evil one.*