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*Unwanted, Unloved, and Rejected,
BUT the Lord saw me, heard me,
and had purpose for me!*

S.O.A.P METHOD EXPLAINED

How to use these Journal Pages:

There are many study methods out there! I encourage you to search through them and find what motivates and encourages you the most. I like to use the S.O.A.P Method.

Scripture

Write out a verse or passage of scripture.

Observation

What stood out to you about this verse or scriptures?

Where there any commands or instructions?

Application

How can you apply this today to your life today?

How can you live in light of this truth?

Prayer

Write out a prayer. Ask the Lord to show you how to meditate and apply this truth to your life.

Other areas to consider:

- * Author
- * Audience
- * Major Concept
- * Theme
- * Event
- * Keywords and Definitions
- * People
- * Places
- * When
- * Where
- * Who am I in this Verse?
- * Where is God?
- * What Is God Speaking?

Give yourself room to ponder and pray. Allow yourself time to listen for God to speak to you. Get creative! Draw, paint, make diagrams, whatever ig-

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Today's Scripture:

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Today's Observation

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Something I am going to Apply

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Some -thing/one I am going to pray for

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