



# SCRIPTURE & THE MIND

## S.O.A.P JOURNAL



Biblical Study of Mental Health  
Wellness and the battle for the Mind

# S.O.A.P METHOD

The soap method is a fun way to give to thought and meditation on scripture. S.O.A.P is an easy anagram to remember when studying scripture.

## Scripture:

- Physically write the verse out.
- Do not be in a hurry to do this.
- Slowly, write each word out and let the Holy Spirit speak through each word written!
- Make note of any words or parts of the scripture that really “jump off the page.”

## Observe:

- What do you see in the verses you are reading?
- Some Questions you might ask yourself:
- Who wrote this, or who is this Bible verse mentioning in the passage?
- What is the verse really saying to you?
- Where was this Bible verse written?
- Why was this included in the Bible?
- How can you apply this verse to your life?
- When was this passage written, and what was life like then?
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*IT IS OKAY if you CAN NOT answer all these questions! Let the Holy Spirit guide you!*

# S.O.A.P METHOD

## Application:

When God's Word becomes personal!

*This is where we learn to apply this verse to our lives. Some of these questions can help spur thought and meditation:*

- How is God speaking to you?
- Why do you think God led you to those Bible verses?
- How can you apply what you've read to your life?
- What can you relate to the most in this passage?
- How do you think the author felt when he was writing this verse?
- How could you reword this Bible verse to make more sense or to be more applicable to your life?

## Pray:

Pray God's Word back to Him.

If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life. Take time to thank Him for His goodness in your life.

I have several pages you can download and use for your own personal use in journaling.

You can use the following as a guide to create your own journal, or you can simply print the following page as many times as you need for studying scripture!

STUDY TITLE OR SCRIPTURE SERIES:

TODAY'S DATE:

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# JOURNAL PROMPTS FOR DEEPER INTROSPECTION WHILE STUDYING SCRIPTURE

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## **1. Evaluating Self (Personal Reflection & Growth)**

- What is the Holy Spirit convicting my heart of right now?
- What lies about my identity do I need to let go of today?
- What specific, actionable step can I take to live out this truth in the next 24 hours?
- Which "fruit of the Spirit" (Galatians 5:22-23) is most visible in my life, and which needs the most growth?
- What am I holding onto that I need to release to God?
- How does this passage teach me to be a doer of the word, not just a hearer?

## **2. Evaluating My Relationship with God**

- What does this passage reveal about God's nature, character, or attributes?
- Where have I seen God's faithfulness in my life recently?
- When do I feel the closest to God, and how can I cultivate that more?
- What am I asking God for today, and what am I waiting for Him to do?
- What is the "song" God is singing over me today?
- What is one thing I am thankful to God for today?

## **3. Evaluating My Place in the World**

- How does this Scripture challenge me to live as a light in a dark world?
- What breaks my heart in a way that reflects God's compassion for others?
- How can I love my neighbor better this week based on what I have read?
- What is my top priority today for the Kingdom of God?
- How can I show greater hospitality and generosity this year?
- Who can I intentionally serve or show the love of Christ to this week?



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