

Bible Journaling Techniques

Here are two acronyms that may help you with Bible journaling: SPECS and SOAP.

SPECS - Carefully read the passage and write down any:

Sins to avoid – what things are mentioned that displease God?

Promises to claim – what is God promising in this passage?

Examples to follow – (or not follow!) we can learn from bad examples as well.

Commands to obey – what is God calling you to do or not do?

Summarize and apply – summarize what is being taught into a specific phrase or sentence and apply it.

Not every passage will have all of these things. Just fill in what you can about the passage.

SOAP – Read your passage and then apply these steps:

Scripture – identify a verse that was particularly meaningful in the passage and write it out in your journal.

Observation – what is being taught? Why is it important? Write down any general observations or questions that come to mind. Rewrite the passage in your own words.

Application – ask yourself, “So what?” What action step can you take as a result of what you’ve learned in the passage?

Prayer – write out a prayer to God